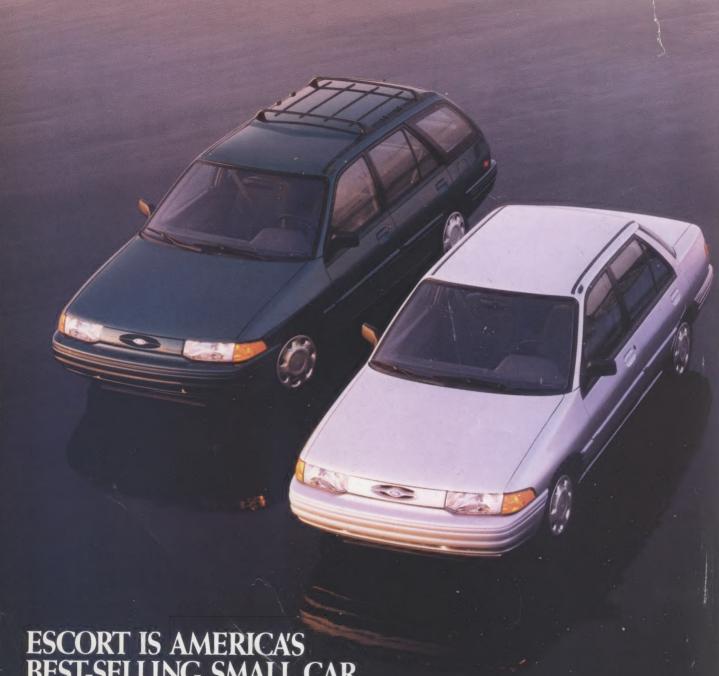
WAYS TO LOSE WEIGHT 50 EASY Walk It Off in 20 Minutes a Day FAST 3-Week Eating Plan DROP POUNDS 35 STORAGE IDEAS When Should You Worry? BEST FASHION BUY iyers† TURN TRASH INTO CASH is class. Ford Cut Your Grocery Bill in Half



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# **FamilyCircle**

APRIL 26, 1994 VOLUME 107 NUMBER 6

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**Cover:** Photograph by Debbie Patterson, © 1994 Conran Octopus Limited. From the book *Easter* by Tessa Evelegh, published by Simon & Schuster. Reprinted by permission. Inset photo by Chris Rogers. For more ideas on container gardening, see page 94.

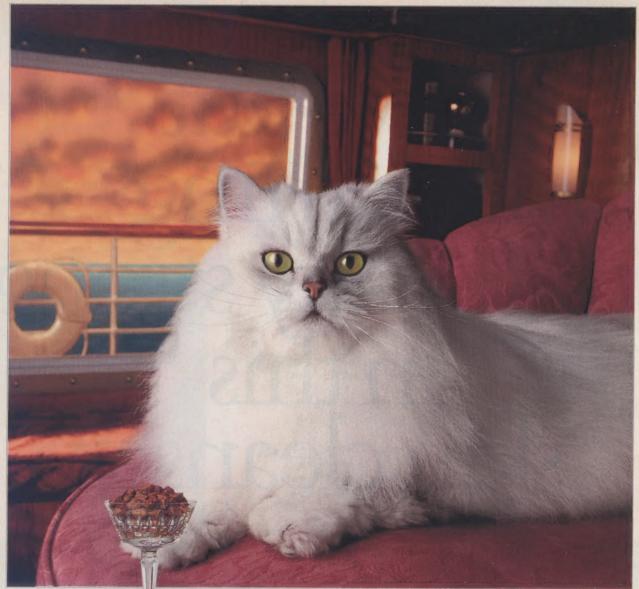
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# circle this circle this circle th

By Margaret Jaworski

### **EVEN COWGIRLS GET THEI**

You won't find any tenderfoots at the 5,000-acre B-C Ranch in Alpine, Texas. What you will find are cowhands with tender hearts. Affectionately dubbed the "kindest cattle ranch in Texas," B-C has been entirely women owned and run since 1982. While doing a stint as a veterinary nurse, ranch co-owner Rebecca Smith, now 62, first saw how cruelly cattle were sometimes treated. "During roundups I saw calves with their tongues hanging out, foaming at the mouth from being run so hard by cowboys on horseback." She also witnessed "some terrible birthing techniques," she says. None of that goes on at B-C Ranch. Cows in labor are handled with kid gloves. And you won't see a prod or paddle anywhere on the premises. The tender touch is good for the cattle and good for business. "You can see the difference," says Smith. 'The calves weigh more, their coats are shinier, and they have better dispositions." Smith and two other women run the ranch yearround. But come fall and spring roundup times, up to a dozen lady cowhands come to help out. Some work in city jobs, a few are schoolteachers and one is a radiologist. A recent local newspaper story on the ranch generated dozens of phone calls and letters from wannabe women cowhands. Smith says money is tight right now. Still, if some city slicker wanted to volunteer, Smith just might be



**B-C's owner, Rebecca** Smith (left), with two of her capable cowhands.

You Believe?

They're made of tires...disposable diapers...and more!

**Eco-consciousness** is inspiring a host of goodfor-Mother-Earth goods. "Put your best foot forward" has a double meaning at **Deia Shoe. The Oregon-based company** makes footwear that once knew life as tire rubber, soda bottles, magazines, wine bottle corks, leftovers from the manufacture of disposable diapers and

persuaded to give her a chance.

a dozen other materials. The company is so committed, it has offered to share its secrets with the competition and is researching ways to give its recycled footwear yet another incarnation. . . . At Levi Strauss & Co., everything from internal memo pads to payroll checks is printed on born-again denim. Each year the jeans giant diverts about 4 million pounds of scrap denim from landfills by converting it into stationery. Levi isn't singing the blues either: Besides saving the company about 12 to 18 percent annually on paper costs, the resurrected denim attracts admirable attention and envy. . . . Esprit's Ecocollection uses waste fabric and dried flowers in its recycled paper. And some of the clothes in this line are cut from organic linen grown in soil that's been pesticide free for three years.

### Boning Up on Women's Health

What causes osteoporosis? (Hint: It is not an inevitable result of aging.) It's caused by a series of preventable factors, including lack of exercise and a diet poor in calcium. Can you reduce your risk? You bet. And right now the easiest way to increase your knowledge about this disease is to tune into A Woman's Silent Legacy, a half-hour television special that airs nationwide April 9 to 24 (check local listings). In conjunction with the broadcast. The Woman's Health Partnership for Osteoporosis Prevention is sponsoring educational events and seminars at hospitals and osteoporosis centers around the country. For more information on osteoporosis, the TV special, or education and screening programs in your area, call the Calcium Information Center:

1-800-321-2681.

### Why It's Great To Be a Girl

Reason No. 3: Womanly creations make our lives easier and safer. Among them: the drip coffeemaker, the bulletproof vest, the fire escape, solar heating and, allegedly, the ice-cream cone. Reason No. 14: The song most frequently sung, "Happy Birthday to You," was written in 1893 by Mildred Hill and Patty Smith Hill. (Incidentally, a woman, Euphemia Allen, composed what is probably the tune played most often on the piano, "Chopsticks.") These and 48 other clever, comedic and sometimes crabby reasons Why It's Great to Be a Girl can be found in Jacqueline Shannon's book by that name, published this month by Warner Books. To Shannon's 50 reasons we add two more: Three-time Olympic gold-medal winner, Jackie Joyner-Kersee (left), and on April 28, girls ages 9 to 15 can participate in the second annual "Take Our Daughters to Work Day."

### POSITIVE PICKS

Barcelona

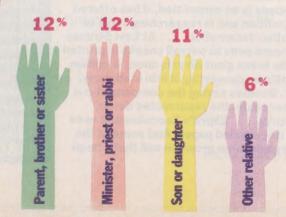
On the big screen: That's Entertainment III contains never-before-seen musical scenes by Judy Garland, Frank Sinatra, Lena Horne and other famous faces. The film is hosted by Hollywood all-stars including Gene Kelly, Ann Miller (pictured here in the musical On the Town) and Howard Keel. . . . On the small screen: America and the Holocaust: Deceit and Indifference is a wrenching but well-worth-watching documentary airing this month on PBS.

Husband/wife/boyfriend/girffriend



# 9% WHOM CAN YOU COUNT ON?

If there were a major crisis in your personal life that did not directly involve your immediate family, to whom would you first turn for emotional support?



# In the Line of Duty



For Francis Spiteri, head concierge at London's posh Dorchester hotel, no request is too bizarre or banal. Like the time he arranged for a messenger to fly to Sweden to fetch a hard-to-find part for a guest's Swedish-made motorboat. A concierge, says Spiteri, is a jack-of-alltrades: part detective. psychologist, problem solver and magician. And above all, "He (or she) must have connections," says Spiteri, who obviously does. For one exceedingly grateful guest, he finagled a pair of tickets, no doubt at a championship price, for the finals at Wimbledon—the day before the match. His job is "challenging and exhausting," Spiteri says. And once home, the man who's ready to do just about anything for the guests "does nothing at all." So when Mrs. Spiteri needs some help or information she has only one recourse: She calls one of the Dorchester's other concierges.

Friend or co-worker

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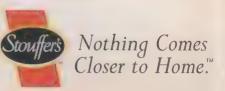
"Stouffer's Mac n'Cheese. You can taste the

cheese. It tastes as good as my grandmother used to make from scratch."

Francine Lancaster

At Stouffer's, when we make macaroni and cheese, we start with a rich, aged cheddar cheese, and we use elbow macaroni that we make special ourselves. You see, we use the same kind of care and ingredients that you would use if you were making it yourself. So it's no wonder that Stouffer's is America's favorite.





# women who make a difference

"I used to dream of being someplace else, where there was plenty to eat and no blood on the floor."—Betty Gregory

By Judi Dash

On a Wednesday night in a tidy house in Charlotte, North Carolina, 12 young men in orange sweatshirts are in Betty

Gregory's chintz-filled kitchen, chowing down on roast beef and potatoes, rehashing their triumphs and failures during a basketball game played a few hours earlier.

The sounds of belly laughter echo through the house, and Betty smiles in satisfaction at the happy hubbub. It's all just normal, healthy guy-stuff. But consider the guys:

• One teenager has a younger brother who deals cocaine and who has shown up late at night to steal clothes and accost the boys' terminally ill mother for drug money.

• As a child, one 20-year-old acted as his older brothers' lookout during drug deals in back alleys and crack houses. He's also been shot and stabbed.

• A 14-year-old sees shoot-outs and drug overdoses regularly on his garbage-strewn block. Last year, a man was shot to death on the boy's lawn while resisting a robbery.

Drug-addicted family members, absentee fathers and the continuous addition of babies born to teenage girls and raised by grandmothers make up the social fabric of these young men's family quilt. And the message they constantly receive is that they will never amount to anything and that no one cares where they go or what they do.

Until they meet 47-year-old Betty Gregory. "Miss Betty saved my life," says Jermaine Coleman, 20, who sports a gold basketball hoop on a chain around his neck.

The basketball hoop is a clue to Jermaine's salvation. He's a proud alumnus of the Charlotte Tornadoes, a community basketball team that Betty founded in 1991 to give boys an alternative to the streets.

"When I was 14, my dad was dead, and my brothers were dealing. I was real smart in school, but I kept getting kicked out for making trouble. I thought I wasn't going to be anything when I grew up, that I'd sell drugs like my brothers and be dead before I was 18. I couldn't think about the future, only about surviving each day.

"Then I saw Miss Betty at a gym, and she told me she

The Tornadoes in action: flaunting their newly felt pride with team founder Betty; a postgame dinner at Betty's house; giving a high-five during a break in a game; rehabilitating a crack house: "She believes in us," says one teammate And they're not about to let her down:

was starting a basketball team. We could use the Y and have uniforms and play all we wanted. That sounded cool. I joined the team, stayed off the streets and really hit the books, with Miss Betty encouraging me all the way."

Last fall Jermaine became the first member in his family ever to enter college, enrolling at Columbia College in Sonora, California, on a basketball scholarship.

Jermaine's success story is a typical Tornado tale, thanks to Betty—who knows from experience what the boys are up against. Having pulled her own life off the disaster track after a childhood in New York foster homes and a descent into alcoholism, Betty moved to Charlotte in 1983 to get a new lease on life with her second husband, Walter, and son Walter Jr., then 8. Her other son, Winston, 12, stayed in New York with his father and stepmother. Betty worked as a legal secretary (Continued)



### **WOMEN WHO MAKE A DIFFERENCE**

From page 11

with Barclays American Financial Company. The future looked bright.

But in 1990, the dark days came back when Winston, who had since moved back in with Betty, was sentenced to 15 years in jail for a drugrelated murder. She had seen his descent but felt helpless to stop it: the late nights out, the cocky buddies in their BMW's, the huge wads of money.

Betty vowed she wouldn't lose Walter Jr., as well. So she came up with the idea of the basketball group to give young men a chance to join a team instead of a gang. One look at the team's sweatshirts says it all: Emblazoned on them is a whirling twister breaking chains that symbolize the bonds of addiction, poverty and any mind-set focused on limits instead of possibilities.

Once the guys signed on, Betty hit them with the rules for membership: They had to maintain a C average in school, stay drug free and perform community service. In addition, they would attend weekly workshops and study sessions with adult volunteers.

"I just wanted to play ball, I didn't want to be doing no volunteer work," remembers J. J. Gladden, 19. But the

streets were not an attractive alternative. "I never was a troublemaker, and I can't stand drugs and alcohol, but just being out in the open you can get killed. It's not safe anywhere."

So, like some 72 other young men who have been Tornadoes over the past three years, J. J. came off the streets and into the gym.

etty hadn't the foggiest understanding of the intricacies of basketball, so she recruited volunteers to help. (Her core support comes from Walter, now her ex-husband, who is the Tornadoes' top coach, and Kevin Douglas, a 31-year-old chemical processor.)

Betty also persuaded the Johnston YMCA in Northeast Charlotte to give the Tornadoes memberships at a nominal rate, so they'd have a safe place to play. And she formed a board of directors, which created a corporation to solicit tax-free corporate donations to pay for uniforms and expenses.

Meanwhile, the Tornadoes were growing into a loyal corps, on and off the court. "The team is like I family, and Miss Betty is like a mom," J. J.

says. "I can always come to her, and she makes me feel I can do things everybody else tells me I can't. With Miss Betty, we get proof all the time that we're worth something."

J. J. won't get any argument on that from the Charlotte-Mecklenburg Housing Partnership, where the team is helping rehabilitate former crack dens into affordable housing. Or the Metroliner Food Bank, where they sort food donated by local merchants to feed the hungry. Or the Uptown Men's Homeless Shelter, where they sort clothing, help serve meals, and each Christmas sing carols of hope that come straight from the heart.

But sometimes, despite all their reasons to be proud and optimistic, J. J. and the others feel despair.

"I've got so many responsibilities," says J. J., who graduated from high school last year and uses his paycheck from a supermarket to help support his mother as well as a 2-year-old son he fathered. J. J. hopes to enroll in junior college someday, and dreams of becoming a psychiatrist. But sometimes, he says, he gets frustrated.

"I have dreams of what my life could have been if I'd been born in a different place. And then I feel pain—so much sometimes I think I can't stand it."

WHAT?

WONDERFUL!

HERE'S A

SNACK!

FLIES WITH

MY TAIL!

MOM!

GUESS

WHAT?

Betty understands that story. She could have told it herself. And when it will help someone, she does.

She tells about growing up in a rundown Harlem apartment, sleeping five to a bed with her mother and sisters, while her unemployed father snored off a hangover on the living-room couch. About waiting in long welfare lines. About how her mother would fall down drunk in front of their building.

And about the fights. "Momma would be throwing dishes, and Daddy would advance on her with a blanket to protect himself, and as soon as he got close enough, he'd punch her. I used to dream of being someplace else, any-place else, where there was plenty to eat and no blood on the floor." Betty sighs, then jumps up to take a call from Winston, who asks her to bring him a few things when she visits the prison.

The phone is always ringing at Betty's—Tornadoes needing rides, a children's shelter wanting to set up a visit by the team, girls looking for young Walter, Betty's office needing her advice on a thorny mortgage problem.

Her answer is always yes. Yes, she'll do it; yes, she'll be there; yes, she'll work things out; and yes, Walter will call as soon as he gets home.

Betty reflects on the first "No" she

ever said, one that changed her life at the tender age of 11. "We were in family court and the judge asked if I wanted to go home with Momma and Daddy. Without batting an eye, I said no."

Betty was tossed through a gamut of foster homes. Finally, she was placed in a solid household in Brooklyn, where tough love was tempered with true caring. Betty at last felt home.

"But I was a time bomb," she says.
"No sooner had I graduated from high school than I went for the booze."

Over the next 13 years, Betty drank with everyone and anyone. She married, had son Winston, divorced and married again. In 1975 Walter Jr. was born to Betty and her second husband, Walter, a bar-drinking partner. By 29, with two young sons, Betty was making drinking a full-time career.

ntil the day she tried to kill herself and was saved by Walter. As Winston and Walter Jr. screamed, Betty thought about dying—really dying.

"I grabbed those boys tight and apologized for the horrible life I'd brought on them. We all cried and cried."

And when Betty stopped crying, she went straight to a detox center. "June 1, 1978," she smiles. "That's my anni-

versary, my rebirth." In other words, the day she got sober for good. Betty would like to sit and talk some more, but she's too busy. Tornadoes are straggling into the house.

Sprawling out on the thick cushions of Betty's sofa, J. J., Jermaine, Walter Jr. and the rest prop their feet up on a coffee table and watch videos of themselves: There's an away game they won, a barbecue in Betty's backyard, and a trip last year to Bermuda, where they helped launch the Bermuda Tornadoes, a soccer team.

Betty barks at the group to get those feet off the table, but it's obvious she doesn't really mind. "It makes me feel good to see the guys feeling so at home. I've done what I wish my momma had done, created a place where kids could laugh and feel good to be alive with people who love them."

Pulling on her Tornadoes sweatshirt, she suddenly looks tired. "Life can be very demanding," she says quietly. "Sometimes I say to myself, Why am I doing this? And then one of those guys will flash me a smile, and I know it's all worthwhile."

Then Betty and the Tornadoes are out the door. As her car pulls away, the tail fights illuminate Betty's license plate. It says EASYDZIT.





Great accomplishments call for great rewards. So give 'em the good stuff.

Moorown Snackers

# medicalnews By Susan Rees

### Can Tomatoes Prevent Cancer?

Good news for those of us who love tomatoes—the most popular fruit in the United States: Researchers at Cornell University in Ithaca, New York, have recently found that tomato juice helps to inhibit the stomach's natural production of nitrosamines, a class of chemicals that includes some very potent cancer-causing substances. (Although this study looked specifically at tomato juice, the authors believe that whole tomatoes would act exactly the same way.)

Scientists once thought vitamin C was the only ingredient in fruits and vegetables to have this beneficial effect. But this study found that

I'm trying to lose weight is there any evidence that avoid ing alcoholic beverages would help me do it faster and more easily? Yes Cutting back on calories from any source will help you lose weight taster. Furthermore, research conducted at the Institute of Physiology at Lausanne in Switzerland has suggested that during the me ly causes the body to "spare" fat from being burned; allowing it to be stored instead If you're trying to lose weight and prefer not to give up alco hol, you'll have to cut back fur ther on the amount of fat you eat to compensate.

tomatoes have cancer-preventive properties even after their vitamin C is extracted. In fact, the other protective substances in tomatoes—namely, p-coumaric and chlorogenic acids—appear to be even more effective cancer fighters than vitamin C alone. A number of other fruits and vegetables, including green peppers, pineapples, strawberries and carrots, also contain these helpful compounds.

Joseph Hotchkiss, Ph.D., professor of food chemistry and toxicology at Cornell University and lead author of this study, explains, "This research clearly affirms the fact that it's healthier to eat whole fruits and vegetables than it is to take vitamin supplements, which don't contain all of the healthy substances found in food." The study also helps explain why those who eat more fruits and vegetables tend to develop fewer cancers.

### Good NewsAbout Hair Dyes

Although past studies linked hair dye with cancer, a recent study found almost no increased cancer risk among women who dye their hair. Only women who use black dye for 20 years or more are at a slightly greater risk.

American Cancer Society

### Caffeine Caution

Pregnant women who consume the caffeine equivalent of 1½ to 3 cups of coffee a day face double the risk of miscarriage, a study suggests. Caffeine crosses the placenta, and may interfere with fetal development. Journal of the American Medical Association, Vol. 270, No. 24

### Better Bones

A gene linked to a greater risk of developing osteoporosis has been identified by Australian researchers. It is not yet known whether the gene causes osteoporosis or is a marker of the disease. But either way, this finding could lead to a test to identify those most prone to developing the condition.

### **The Sweet Truth**

Moms: Don't get upset if the kids have an occasional soda or piece of candy. New research has found that sweeteners don't make normal kids hyper. In a study at Vanderbilt University in Nashville, 25 normal kids and 23 kids whose parents claimed they were sugar-sensitive were placed on a series of diets high in sugar and artificial sweeteners. None caused excitability. Recent studies have also failed to link behavioral problems in hyperactive kids to sweeteners. However, if your child seems to be sensitive to sweeteners, discuss your concerns with your pediatrician.

### Best Ways to Beat the Blues

Down in the dumps? Now there are proven ways to make yourself feel better fast. First, what not to do when you're in a funk: Avoid venting your feelings (by crying or shouting), spending time alone or blaming your problems on others. A new study has found these common coping strategies don't work and may, in fact, make you feel worse for longer. Randy Larsen, Ph.D., associate professor of psychology at the University of Michigan, who led the research, speculates that taking an active approach works better. His study identified seven more effective ways to cheer yourself up: • Take some action to solve your problem. • See the good as well as the bad in your situation. • Compare your troubles to other people's problems to get perspective. • Compare your latest crisis to previous troubles you've mastered. • Think about past successes you've had. • Reward yourself in some special way. • Resolve to try harder in the future to avoid problems like the one that made you blue.

Susan Rees is an associate health and nutrition editor at Family Circle.



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# "When My Skinny Doctor Laughed At Me, I Actually Threw My Dress At Him ..."

By Jessica Mae Travis

When you're fat ... I mean <u>really fat</u> ... a lot of women like to stand near you. Apparently it makes them <u>feel</u> thin.

Hello. My name is Jessie Travis. You don't know me from Adam. But I'm a real person. I live near Pendley Hills, Georgia. And, up until two years ago, I was the fat lady that everyone wanted to stand next to.

I was too tired to go out with my friends at night. I was even embarrassed to go out on weekends by myself. I waddled when I walked. I sweat when I ate. I wore anything loose that would hang straight down and wouldn't cling. I wasn't just "overweight." I was fat. I was 5'4" and weighed 204 pounds.

I went to my doctor for help. But I wasn't optimistic. During the past seven years I had tried 15 *different* diets. One by one. And I failed at all of them.

My doctor listened to me very carefully and then recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians — specialists who treat the severely obese. The program itself was developed by Dr. James Cooper of Atlanta, Georgia.

I started the program on January 22nd. Within the first four days, I only lost three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 196 days, I went from 204 pounds to 133 pounds.

The reason the program worked was simple: I was always eating.

I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching T.V.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long ... a complete 24-hour fat-reduction cycle.

Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything's at your local supermarket. No special foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- It's low in sodium, so you don't hold water
- You eat the foods you really enjoy. Great variety. Great taste.
- · You can dine out.
- There's no ketosis. No bad breath odor. But *here's* the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Clinic-30 Program lets you continue your normal eating lifestyle. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some other patients from Georgia who entered Dr. Cooper's Clinic-30 Program with me ...

- Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.
- "In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals."

Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8<sup>1</sup>/<sub>2</sub> months.

"I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And then there's me. I had an appointment to see my doctor. So — as a joke — I put one of my old dresses in a bag. When he began joking around about how thin I looked, I pulled it out of the bag and tossed it across the desk at him. "Thanks to you," I said, "I don't have to wear this thing anymore."

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's no obligation. In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for \$12.95 (plus \$3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 543, 3603 West 12th Street, Erie, PA 16505.

### AN IMPORTANT REMINDER

As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weightloss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

Green Tree Press is a member of the Eric, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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# "When My Skinny Doctor Laughed At Me, I Actually Threw My Dress At Him ..."

By Jessica Mae Travis

When you're fat ... I mean <u>really</u> fat ... a lot of women like to stand near you. Apparently it makes them <u>feel</u> thin.

Hello. My name is Jessie Travis. You don't know me from Adam. But I'm a real person. I live near Pendley Hills, Georgia. And, up until two years ago, I was the fat lady that everyone wanted to stand next to.

I was too tired to go out with my friends at night. I was even embarrassed to go out on weekends by myself. I waddled when I walked. I sweat when I ate. I wore anything loose that would hang straight down and wouldn't cling. I wasn't just "overweight." I was fat. I was 5'4" and weighed 204 pounds.

I went to my doctor for help. But I wasn't optimistic. During the past seven years I had tried 15 *different* diets. One by one. And I failed at all of them.

My doctor listened to me very carefully and then recommended an entirely different proAnd it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

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- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.

Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And then there's me. I had an appointment to see my doctor. So—as a joke—I put one of my old dresses in a bag. When he began joking around about how thin I looked, I pulled it out of the bag and tossed it across the desk at him. "Thanks to you," I said, "I don't have to wear this thing anymore."

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

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# now you're talking



### Real Life, Real Style We offered strategies for looking

great if you're size 14 or over (February 1).

Thank you for a beauti-FULL article about full-figured women. Clothing manufacturers are at last realizing that we want (and deserve!) fabulous, flattering clothes, not tentlike outfits. Your gorgeous layout and models proved once again what I've always known: Big is beautiful.

Mary Lynne James Pioneer, California

I take strong exception to your article classifying size-14 women as "big." I'm a large woman and have worn size  $24\frac{1}{2}-26\frac{1}{2}$  for over 40 years. Recently, I've lost 100 pounds and plan to lose more. If I'm ever a sexy size 14, I won't cover up my figure, and I won't consider myself "large."

Beth Butler Dobbins, California

Please write to: Now You're Talking, FC, 110 Fifth Ave., New York, NY 10011; or tax us at 212-463-1808. Because of the volume of mail received, we cannot respond individually. All letters become the property of FAMILY CIRCLE, Inc., and the editors reserve the right to edit them for publication.

### The Ones and Onlies

In "Circle This," we featured amusing one-of-a-kind facts.

Your article said the penny is the only United States coin with the profile facing right. In fact, the Susan B. Anthony dollar coin has a right-facing profile. Just wanted to let you know.

Howie Pollino Parlin, New Jersey

Editor's note: "Right" you are!

### What Stresses You Out? We listed your top 10 stressors.

According to your list, weight problems are second only to financial problems. I find this very alarming. We as women are engaged in important work as wives, mothers, community advocates and business leaders. We have much to celebrate and should not be wasting precious energy wishing to resemble an "after" picture instead of a "before" one.

Name Withheld Upon Request

# The Parent Answer Book This special section offered advice for finding excellent child care.

I have been a state-certified child-care provider since 1970. Overall I found your article informative, but I believe parents should do more than ask about first-aid and CPR knowledge; they should insist upon official certification. They should also ask to see proof of auto insurance covering children under the provider's care.

Sonya Edwards Astoria, Oregon

#### **Beautiful Baths**

We offered ways to turn your bathroom into a showplace (September 1, 1993).

Your article said tile painting was easy to do with tile paint. Please clarify to your readers that any painting on pre-installed tiles is only temporary. There are no tile paints on the market that will last over time without going through a firing process.

Georgette Wirth South Norwalk, Connecticut

### Reader To

Coping With Illness Consider reaching out to a reader who could use your support and understanding.

I am a 19-year-old woman with systemic lupus. I would

like to correspond with others like me.

Susan Johnson P.O. Box 1163 Warrenton, OR 97146

Editor's note: For more information, contact the Lupus Foundation of America, Inc., 4 Research Place, Suite 180, Rockville, MD 20850-3226; or call, toll free, 1-800-558-0121.

### **Photo Opportunity**

If you've used any FAMILY CIRCLE recipes or how-to's, take a picture of your handiwork and send it to us with your name, address and the date of the issue that inspired your project. Mail it to "You Did It" at our address (see box at left). Your photograph could be featured below!



The Stonehouse family of Manitowish Waters, Wisconsin, used our pattern (see April 27, 1993; page 108) to make country crafts for their yard. Looks like these birds of a feather flock together!

# NEWS ABOUT MICHAEL STATES AND STA



# MIGR

# MIGRAINE **DOESN'T** HAVE TO MEAN MISSING **OUT ON** LIFE.



What hurt worse than my migraines was missing time with Carrie.

But now we do so much more together since I saw my doctor.



Music is my life. And a migraine would stop me cold. I put off calling the doctor. But when I finally did, I couldn't believe all the help I got.

# AINE



Migraines and deadlines don't mix. So I saw my doctor. What surprised me was how much my doctor could do for me.



Since I saw my doctor about my migraines, I can make all the vacation plans I want. And keep them.

Today, thanks to new medical research, doctors have a better understanding of migraines.

They know that a migraine is more than just a "bad headache."

It has a unique set of biological causes and physical symptoms.

These symptoms include at least two of the following: pain on one side of the head, throbbing pain, pain that's moderate to severe, pain that's aggravated by activity. Migraine symptoms also include one of the following: sensitivity to light and/or sound, or nausea with or without vomiting.

Doctors also have a better insight into how much a migraine can affect you and everyone around you. Today doctors can diagnose migraine better; and they can provide treatment programs that are surprisingly effective.

Now you can live more of the life you want. But only a doctor can give you the whole story.
Call your doctor today.

### **CERENEX**

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# AskLiz

Everything You Want to Know About America's Famous Families

Meg Ryan and

**Dennis Quaid** 

**Macaulay Culkin and** 

I know that Macaulay Culkin's father manages his career, but what role does his mother play?

Macaulay's father. Kit, is the real engine behind the careers of Mac and his three other siblings who have caught the performing bug (there are a total of seven children in the family). Mama Pat Culkin occasionally accompanies the kids and their father on various junkets, promoting this or that film. Otherwise, she stays at home. caring for the remaining Culkin children.

Was Whitney Houston's baby daughter hospitalized recently? Was it serious, and is she O.K. now? Whitney's little girl, Bobbi, was accidentally burned with a curling iron. The burn was not serious. Whit-

ney and husband, Bobby Brown, were frantic with worry that the baby would be scarred. Luckily, she won't be.

Us Julia Roberts close to her actor brother Eric? I heard they weren't.

Julia and Eric are not close. And that's putting it mildly. Some say this greatly gifted actor is jealous of his baby sister's enormous success.

Whatever happened to Donny and

Marie Osmond? Are they still performing? Together or solo? Both Osmonds have taken to the stage. Donny is touring in Joseph and the Amazing Technicolor Dreamcoat, and Marie is Broadway bound with a revival of The Sound of Music.

Has L.A. Law's Corbin Bernsen ever appeared on his mother Jeanne Cooper's soap The Young and the Restless? I've seen her on his show.

Although Jeanne Cooper has appeared on her son's nighttime hit L.A. Law and in several prime-time TV movies with him, Corbin has yet to return the favor and do a guest stint on her show

Liz Smith is a nationally syndicated columnist and a reporter for Fox TV. his parents Husband and wife Dennis Quaid and Meg Ryan starred in Flesh and Bone together, but I don't think it did that well at the box office. Are there other

> husbands and wives who've teamed up in a movie that has gone on to become a big box-office hit? O.K., let's see: Tom Cruise and Nicole Kidman in

Days of Thunder and Far and Away: Kenneth Branagh and Emma Thompson in Much Ado About Nothing and other less-successful films: Elizabeth Taylor and Richard Burton in four or five blockbusters; Paul Newman and Joanne Woodward in The Long Hot Summer and, more recently, Mr. and Mrs. Bridge; and Laurence Olivier and Vivien Leigh in That Hamilton Woman. Then there's Bette Davis and Gary Merrill in All About Eve and, of course, that sizzling pair, Humphrey Bogart and Lauren Bacall, in To Have and Have Not, Key Largo and Dark Passage.

Since sentimental, romantic comedies like Sleepless in Seattle and When Harry Met Sally have been such huge successes, is another movie of the same genre expected this year? Any word on the story and possible stars? But of course! The romantic film of 1994 is bound to be Warren Beatty's Love Affair, a remake of the classic An Affair to Remember, which starred Cary

Grant and Deborah Kerr. This new version will star Warren, his real-life wife, Annette Bening, and, in a brief but pivotal role, Miss Katharine Hepburn as a plotbinding old aunt. By the way, Hepburn was wooed and pursued by Warren for the role. The mighty legend

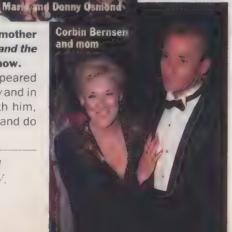
insists this will be her last movie.

Is Cher happy or upset with her recent weight gain? She looks great now. Cher does look great. Better, I think. than when she used to diet herself close to anorexia. The star-too long off the screen—says she's not bothered by her extra pounds.

Editor's note: Got a question for Liz? Write: Ask Liz, FC, 110 Fifth Ave., New York, NY 10011.



Whitney Houston with her





### HOW TO RECHARGE AN ACTIVE DOG.

High-energy dogs need extra nutrition. That's why we make

Purina brand Hi Pro dog food. It has more calories, to keep them active.

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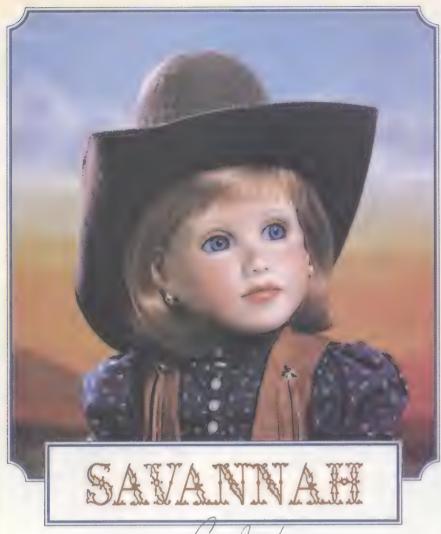
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She's as fresh as the wide open prairie, and warm as the sun-drenched Western skies. From the tip of her cowboy hat, to her toe-tapping boots, "Savannah" is uniquely all "country."

This sweet little cowgirl, with cornflower blue eyes and sun-kissed, freckled cheeks, is the Hamilton debut of award-winning new doll artist Connie Johnston. Meticulously crafted of fine, hand-painted bisque porcelain, and inscribed with the artist's signature, "Savannah's" exquisite true-to-life pose, and "country charm" will surely win your heart.

"Savannah's" costume is as wholesome as the sky is big and blue. Her eleven button, calico prairie blouse is trimmed with eyelet lace, and a white ruffled petticoat peeks out from under her denim skirt. And, the star-spangled, fringed vest, perfectly matches her detailed boots, and cowgirl hat.

Hand-numbered and accompanied by a same-numbered Certificate of Authenticity, "Savannah" can be yours for only \$79. Our 30 Day, 100% Buy-Back Guarantee assures your complete satisfaction. Make this little "country girl" your own. Submit your reservation today!



Bright silver-tone stars adorn "Savannah's" fringed vest.

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The Har Jihon Collection

Respond by: May 31, 1994

Please accept my reservation for \_\_\_\_\_(Qty.) "Savannah," by Connie Johnston. The issue price is payable in four convenient monthly installments of \$19.75\* each.

I need send no money now. On acceptance, I will be billed for my first installment when my doll is ready for shipment.

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Telephone (\_\_\_\_)\_\_\_\_

Signature\_\_\_\_

\*Plus \$1.05 shipping and handling per doll installment. 6% state sales tax will be charged for all orders shipped to FL. All reservations must be signed and are subject to acceptance.



Tough getting Megan out of jeans for the party. So I took her where I got my outfit. T.J. Maxx. Worked like a charm. She fell in love with this one. I fell in love with the price. Gee, my little tomboy looks like a little lady. At least for the afternoon. 1-800-2TJ-MAXX for store nearest you. @ 1994 T.J.Maxx. Styles may vary by store. The maxx for the minimum:







### YABBA DABBA DUDS

Remember watching all those great TV cartoons as a kid? Now you can relive the fun—on clothing! I've seen lots of cartoon favorites emblazoned on caps and sweatshirts, jackets and watches. You get the whole Flintstones gangincluding Dino, that wacky dinosaur—on this denim shirt, just in time for the feature film, due out the end of May.

### LOOKING GOOD, BY DOLLY

It had to happen . . . the glamour queen of country music has her own line of makeup! Dolly Parton's Beauty
Confidence collection includes eye shadow, foundation, blush, lipstick. But you won't find it at your makeup counter.

Like many celebrities, Dolly

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tips and a phone
number to order
products. Dolly's is 1-800304-6789; the 12-item
collection is \$90.

sells via "infomercials"-

### BEAUTY-SPEAK DEFINED

At grees furnitions and prove about a Two picked up some terms the gree was to describe making qualities—handy to know when you're shapping, while the case with while hip soler green and createry lipsticks usually nave icts of ally, matter dun't, while have icts of ally, matter dun't, while had a poster arcaneously of foomeration, poster arcaneously of foomeration, poster arcaneously of some line flaws with The making manners to be an flaw flaw with the province have to be end in creme-tend foomeration, which or eye and to again as have option in play time (alough to seconds) to making a manner (alough to seconds) to making a manner of amount, natural finite.

### Now there's more to Looking younger than fading A FEW WRINKLES

INTRODUCING AGE DEFYING COMPLEX with Alpha Nutrium. In six months of clinical tests, it did much more than reduce the appearance of fine lines and wrinkles. It helped revive the qualities of young skin.

Over time – up to a 77% reduction in fine lines.

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### The Breakthrough: Alpha Nutrium."

This unique, oil-free complex delivers vitamins and three Alpha Hydroxy acids (found naturally in fruits and plants). Age Defying Complex with Alpha Nutrium helps restore younger-looking skin.

For more information, call 1-800-34-PONDS.



# Your Grocery Bill, by \$100's

When you think of cutting back on food costs, do you envision hours in the kitchen removing bones from chickens and endless casserole dinners made with leftovers? If so, think again. Family Circle asked three women who have successfully slashed their shopping tabs—and written about it—to share their supermarket savvy. Here, their advice on how to stretch your grocery dollar—and eat more healthfully in the process (bearing in mind that grocery prices vary around the country).

#### The Planner

When Rhonda Barfield of St. Louis lost her part-time job with an insurance company four years ago, she and her husband, Michael, an art director with a small publishing company, scrutinized their budget for ways to save money.

Barfield, who has four children ages 2 to 7, resolved to trim the family's supermarket tab, and within several weeks she had cut her grocery bill in half. Among her money-saving measures: eating homemade popcorn instead of packaged snacks, serving smaller portions of meat and more helpings of potatoes and brown rice, and forgoing convenience foods like frozen fried chicken.

Barfield, the author of *Eat Well for* \$50 a Week (Lilac Publishing, 1993), says she hasn't shortchanged her

Rosemary Black is food editor of the "New York Daily News."

### Standard List

1. One 24-ounce bag of frozen French fries	\$2.79
2. Package of six granola bars	
3 Box of six toaster pastries	2.49
6 One box sweetened children's cereal	
5. A four-pound boneless shoulder roast at \$2.99 a pound 6. Boneless chicken breast, three pounds at	11.96
\$3.99 a pound, enough for two meals	11.97
7. A 12-ounce box of vanilla cookies	2.29
8: One bottle of pancake syrup 9: One head of	
cauliflower	2.39
#0 Four boxes of rice mix with seasonings (must add butter) at \$1,29 apiece	5 16
11. Four pounds of loose apples, bought at 99¢ a pound	3.96
112. Pound of imported Swiss cheese for	
sandwiches	4.99
TOTAL COST	S57 17

### **Money-Saver List**

Eight medium-size

potatoes, 65¢, and	
butter (half stick), 25¢, to make home fries	\$ .
2. Homemade muffins (12)	
3. Ingredients for 12	
pieces of French toast	
bread, eggs, milk, sugar)	
4. 8ox of quick- cooking rolled oats	
5. A four-pound boneless	
chuck roast, on sale for \$1.59 a pound	
	6.
6. A six-pound bone-in turkey breast, sale	
price at 99¢ a pound	
7. A 12-ounce box of store-	
orand vanilla wafers	
8: Ingredients for Jancake syrup	
9. Two (10-ounce)	
poxes peas and carrots	1.
10. One two-pound box of plain brown rice	
11. Four-pound bag of	
ipples	1.
12. Pound of domestic	

family's nutrition by slashing food costs. "Dinner isn't just hot dogs and macaroni-and-cheese," she says. "We have stir-fries, lasagna, and we eat more fruits and vegetables."

Planning menus and figuring her shopping list takes Barfield about an hour a week. Her top tips:

• Use stale bread to make croutons for salads and bread crumbs for coat-

ing chicken and topping casseroles.

(block form may be less) sale price at \$2.99 a pound

TOTAL COST

• Buy several packages of whole chickens when they are on sale, then repackage and freeze the parts (group together all drumsticks or breasts, for instance) to suit your recipes or family's preferences.

• No matter where or when you shop, some items are never a good buy. Avoid: (Continued on page 38)

## EPILEPSY

#### NEWS FOR ADULTS WITH EPILEPSY

If you or an adult (14 years and older) you know has epilepsyyou'll be glad to know that there is another medication available with your doctor's prescription.

FELBATOL® (felbamate) is the first epilepsy medication in 15 years.

FELBATOL therapy helps control the types of seizures experienced by most people with epilepsy. These include partial seizures that start in a localized part of the brain, including those that progress to generalized, so-called grand mal seizures.

Take this ad to your doctor and ask if FELBATOL therapy could be appropriate for you or someone you care about.



The first epilepsy medication in 15 years

Please see adjacent page for additional important information.



FEL694R

FELBATOL<sup>TM</sup>(felbaniate) Tablets 400 mg and 600 mg, Oral Suspension 600 mg/5 mL

#### **Brief Summary**

INDICATIONS AND USAGE

Felbatol<sup>166</sup> (leibarate) a indicated as monotherapy and adjunctive therapy in the treatment of partial seizures with and without generalization in adults with epilepsy and as adjunctive therapy in the treatment of partial and generalized seizures associated with Lennox-Sastaut syndrome in children CONTRAINDICATIONS

Telbatol<sup>®</sup> (felbamate) is contraindicated in patients with known hypersensitivity to Felbatol<sup>®</sup> (felbamate) or its ingredients. It hould be used cautiously in those who have demonstrated hypersensitivity reactions to other carbamates.

Antiepileptic drugs should not be suddenly discontinued because of the possibility of increasing seizure frequency PRECAUTIONS

PRECAUTIONS
Information for Patients: Patients should be instructed to take Felbato(\*\* (felbamate) only as prescribed. Patients should also be instructed to store this medication in its lightly closed container at room temperature away from excessive heat, direct sunlight, or moisture, and away from children
Laboratory Tests: Cfinical trials data indicate that routine monitoring of clinical laboratory parameters is not necessary for the sale use of Felbato!\*\* The value of monitoring Felbato!\*\* blood levels has not been established. Because of the effect of Felbato!\*\* on the plasma levels of other AFEs being taken concomitantly, monitoring of the plasma concentrations of these AFEs may be indicated (see Drug Interactions). In general, clinical judgment should be exercised regarding monitoring of other laboratory parameters.

Drug Interactions: The drug interaction data described in this section were obtained from controlled clinical trials and studies invarious the controlled clinical trials and studies invarious the controlled clinical trials and studies invarious controlled clinical trials and studies invarious controlled clinical trials and studies.

involving otherwise healthy adults with pollegs; the movement were unamed in our continued clinical that and studies involving otherwise healthy adults with pollegs; (See DOSAGE AND ADMINISTRATION):

The addition of Felbatol<sup>®</sup> the antiepitegric Grugs (AEOs) affects the steady-state plasma concentrations of AEDs. The net effect of these interactions is summarized in the following table:

AED Coadministered	AED Concentration	Felbatol <sup>TM</sup> Concentration
Phenytoin	<b>^</b>	ţ
Valproate	<b>↑</b>	<>··
Carbamazepine (CBZ) * CBZ epoxide	*	<b>↓</b>

\*\* No significant effect

No significant effect.

Specific Effects of Fetbatol™ on Other Antiepileptic Drugs:
Phenyfoin: Felbatol™ causes an increase in steady-state phenyfoin plasma concentrations. In 10 otherwise healthy subjects with epilepsy ingesting phenyfoin, the steady-state brough (Cmin) phenyfoin plasma concentration was 17±5 micrograms/ml. The steady-state Cmin increased to 21±5 micrograms/ml. When 1200 mg/day of telbamate was coadministered. Increasing the felbamate does to 1800 mg/day in six of these subjects increased the steady-state phenyfoin Cmin to 25±7 micrograms/ml. In order to maintain phenyfoin levels. Ilimit adverse experiences, and achieve the felbamate does of 3600 mg/day, a phenyfoin does reduction of approximately 40% was necessary for eight of these 10 subjects.

In a controlled clinical trial, a 20% reduction of the phenyfoin dose in the initiation of Felbatol™ therapy resulted in phenyfoin levels comparable to those prior felbatol™ administration.

Carbamazepine: Felbatol™ causes a decrease in the sleady-state carbamazepine plasma concentrations and an increase in the steady-state carbamazepine, the steady-state trough (Cmin) carbamazepine encoentration was 8±2 micrograms/ml. The carbamazepine epoxide blasma concentration in nine otherwise healthy subjects with epilepsy ingesting carbamazepine, the steady-state trough (Cmin) carbamazepine encoentrations increased 57% from 10±0.3 to 16±0 4 micrograms/ml. when felbamate (3000 mg/day, divided into three doses) was coadministered. Carbamazepine epoxide steady-state crimin concentrations increased 57% from 10±0.3 to 16±0 4 micrograms/ml. when felbamate was coadministered. Increasing the felbamate dose to 4200 mg/day increased the steady-state trough (Cmin) updroate plasma concentrations increased in fire transportane/ml. when 1200 mg/day of felbamate was coadministered. Increasing the felbamate dose to 4200 mg/day increased the steady-state Cmin increased to 78±14 micrograms/ml. The steady-state Cmin increased to 78±14 micrograms/ml. The steady-state Cmin incre

Increasing doses of Felbatol™

Effects of Other Antiepleptic Drugs on Felbatol™.

Effects of Other Antiepleptic Drugs on Felbatol™.

Fleentydin; Phenrytoin causes an approximate doubling of the clearance of Felbatol™ at steady state, and, therefore, the addition of phenrytoin causes an approximate 45% decrease in the steady-state trough concentrations of Felbatol™ as compared to the same dose of Felbatol™ given as monotherapy.

Carbamazepine; Carbamazepine causes an approximate 50% increase in the clearance of Felbatol™ at steady state and, therefore, the addition of carbamazepine causes an approximate 50% increase in the steady-state trough concentrations of Felbatol™ as compared to the same dose of Felbatol™ given as monotherapy.

Valproate: Available data suggest that there is no significant effect of valproate on the clearance of Felbatol™ at steady state. Therefore, the addition of valproate is not expected to cause a clinically important effect on Felbatol™ plasma concentrations.

Effects of Antacids on Felbatol™. The rate and extent of absorption of a 2400 mg dose of Felbatol™ as monotherapy given as tablets was not affected when coadministed with antacids.

Therefore, the addition of valproate is not expected to cause a clinically important effect on Foliatoli\*\* also many state. Therefore, the addition of valproate is not expected to cause a clinically important effect on Foliatoli\*\* plasma concentrations. Effects of Antacids on Felibatoli\*\*. The rate and extent of absorption of a 2400 mg dose of Felibatoli\*\* as monotherapy given as tablets was not affected when coadministee, with antacids. Drug/Laboratory Test Interactions: There are no known interactions of Felibatoli\*\* with commonly used laboratory tests. Drug/Laboratory Test Interactions: There are no known interactions of Felibatoli\*\* with commonly used laboratory tests. Carcinogenesis, Mutagenesis, Impairment if Fertility; Carcinogenicity studies were conducted in mice and rats. Mice received felbamate as a feet admixture for 92 weeks at doses of 300, 600, and 1200 mg/kg and rats were also dosed by feed admixture for 104 weeks at doses of 300, 100, and 300 (males) or 10, 30, and 100 (females) mg/kg. The maximum doses in these studies produced steady-state plasma concentrations that were equal to or less than the steady-state plasma concentrations in epileptic patients receiving 3600 mg/day. There was a statistically significant increase in hepatic cell adenormas in high-dose male and temale mice and in high-dose female rats. Hepatic hypertrophy was significantly increased in a dose-related manner in mice, primarily males, but also in termales. Hepatic hypertrophy was significantly increased in a dose-related manner in mice, primarily males, but also in termales. Hepatic hypertrophy was significantly increased in a dose-related manner in mice, primarily males, but also not hemate. Hepatic hypertrophy was significantly increased in a dose-related manner in mice, primarily males, but also not hemate. Hepatic hypertrophy was inclined to the increase of the experiment of the primary males, but also not hemate here and the primary males, but also not here are also decided to the primary males, but also necessary i

estatismen.

Gertairic Use: No systematic studies in geriatric patients have been conducted. Clinical studies of Felbatol<sup>IM</sup> did not include sufficient numbers of patients aged 65 and over to determine whether they respond differently from younger patients. Other reported clinical experience has not identified differences in responses between the elderly and younger patients. In general, dosage selection for an elderly patient should be cautious, usually sating at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy.

ADVERSE REACTIONS

The most common adverse reactions seen in association with Felbatol™ (felbamate) in adults during monotherapy are anorexia, vomiting, insomnia, nausea, and headache. The most common adverse reactions seen in association with Felbatol™ (felbamate) in adults during monotherapy are anorexia, vomiting, insomnia, nausea, and headache.

The most common adverse reactions seen in association with Felbatol™ in children during adjunctive therapy are anorexia, vomiting, insomnia, nausea, dizziness, sommolence, and headache.

The most common adverse reactions seen in association with Felbatol™ in children during adjunctive therapy are anorexia, vomiting, insomnia, headache, and sommolence.

The droppout rate because of adverse experiences or intercurrent illnesses among adult felbamate patients was 12 percent (120977). The droppout rate because of adverse experiences or intercurrent illnesses among pediatine felbamate patients was six percent (220377). The droppout rate because of adverse experiences or intercurrent illnesses among pediatine felbamate patients was six percent (220377). The droppout rate because of adverse experiences or intercurrent illnesses among pediatine felbamate patients was six percent (220377). The droppout rate because of adverse experiences or intercurrent illnesses among pediatine felbamate patients was six percent (220377). The droppout rate because of adverse experiences or intercurrent illnesses among pediatine felbamate patients was six percent (220377). The droppout rate because of adverse experiences or intercurrent illnesses among pediatine felbamate patients was six percent (220377). In adverse the pediation of the reaction felbamate patients was six percent (220377), and weight decrease (1.1%). In adverse great cevents with a nucleance of 1% or greater associated with causing these withdrawals, in order of frequency was rate (1.1%). Incidence in Clinical Trials: The prescriber should be aware that the figures cited in the following table cannot be used to predict the

Adults
Incidence in Controlled Clinical Trials—Monotherapy Studies in Adults: The table that follows enumerates adverse events that
occurred at an incidence of 2% or more among 58 adult patients who received Felibatol™ monotherapy at dosages of 3600 mg/day
in double-blind controlled trials. Reported adverse events were classified using standard WHO-based dictionary terminology.

Adulls Treatment-Emergent Adverse Event Incidence in Controlled Monotherapy Trials					
Body System/Event	Felbatol <sup>TM*</sup> (N=58)	Low Dose Valproate** (N=50)	Body System/Event		Low Dose Valproate** (N=50) %
Body as a Whole			Digestive (cont'd)		
Fatique	6.9	4.0	Diarrhea	5.2	0
Weight Decrease	6.9 3.4 3.4	0	SGPT Increased	5.2	2.0
Face Edema	3.4	0	Metabolic/Nutritional		
Central Nervous System			Hypophosphatemia	3.4	0
Insomnia	8.6	4.0	Respiratory		
Headache	6.9	18.0	Upper Respiratory		
Anxiety	5.2	2.0	Tract Infection	8.6	4.0
Dermatological			Rhinitis	6.9	0
Acne	3.4	0	Special Senses		
Rash	3.4	0	Diplopia	3.4	4.0
Digestive	0.1	ŭ l	Otitis Media	3.4	0
Dyspepsia	8.6	2.0	Urogenital	0.7	
Vomiting	8.6	2.0	Intramenstrual Bleeding	3.4	0
Constipation	6.9	2.0	Urinary Tract Infection	3.4	2.0

\*3600 mg/day; \* \* 15 mg/kg/day

Incidence in Controlled Add-On Clinical Studies in Adults: The table that follows enumerates adverse events that occurred at an incidence of 2% or more among 114 adult patients who received Felbatol™ adjunctive therapy in add-on controlled trials at dosages up to 3600 mg/day. Reported adverse events were classified using standard WHO-based dictionary terminology. Many adverse experiences that occurred during adjunctive therapy may be a result of drug interactions. Adverse experiences during adjunctive therapy way be a result of drug interactions. Adverse experiences during adjunctive therapy the distribution of the dosage of other antiepileptic drugs.

delignation through the properties of the Children with Lennor-Gastaut Syndrome: The table that follows enumerates adverse events that occurred more than once among 31 pediatric patients who received Felbadol<sup>®</sup> up to 45 mg/kg/day or a maximum of a control of the control of t

Ad Treatment-Emerg Incidence in Contro	ent Adverse	n Trials	Children Treatment-Emergent Adverse Event Incidence in a Controlled Add-On Lennox-Gastaut Tria			
		* Placebo			Placebo	
Body System/Event	(N=114) %	(N=43) %	Body System/Event	(N=31) %	(N=27) %	
Body as a Whole			Body as a Whole			
Fatique	16.8	7.0	Fever	22.6	11.1	
Fever	2.6	4.7	Fatique	9.7	3.7	
Chest Pain	2.6	0	Weight Decrease	6.5	0	
Central Nervous System	2	U	Pain	6.5	n	
Headache	36.8	9.3	Central Nervous System	0.5	U	
Somnolence	19.3	7.0	Somnolence	48.4	11.1	
Dizziness	18.4	14.0		16.1	14.8	
			Insomnia	16.1		
Insomnia	17.5	7.0	Nervousness		18.5	
Nervousness	7.0	2.3	Gait Abnormal	9.7	0	
Tremor	6.1	2.3	Headache	6.5	18.5	
Anxiety	5.3	4.7	Thinking Abnormal	6.5	3.7	
Gait Abnormat	5.3	0	Ataxia	6.5	3.7	
Depression	5.3	0	Urinary Incontinence	6.5	7.4	
Paraesthesia	3.5	2.3	Emotional Lability	6.5	0	
Ataxia	3.5	0	Miosis	6.5	1	
Mouth Dry	2.6	0	Dermatological			
Stupor	2.6	0	Rash	9.7	7.4	
Dermatological			Digestive			
Rash	3.5	4.7	Anorexia	54.8	14.8	
Digestive	0.0		Vomiting	38.7	14.8	
Nausea	34.2	2.3	Constipation	12.9	0	
Anorexia	19.3	2.3	Hiccup	9.7	3.7	
Vomiting	16.7	4.7	Nausea	6.5	1	
Dyspepsia	12.3	7.0	Dyspepsia	6.5	3.7	
	11.4	2.3		0.5	3.7	
Constipation Diarrhea	5.3	2.3	Hematologic	12.9	7.4	
			Purpura	6.5	0	
Abdominal Pain	5.3	0	Leukopenia	0.0	U	
SGPT Increased	3.5	0	Respiratory			
Musculoskeletal			Upper Respiratory			
Myalgia	2.6	0	Tract Infection	45.2	25.9	
Respiratory			Pharyngitis	9.7	3.7	
Upper Respiratory			Coughing	6.5	0	
Tract Infection	5.3	7.0	Special Senses			
Sinusitis	3.5	0	Otitis Media	9.7	0	
Pharyngitis	2.6	0				
Special Senses						
Diplopia	6.1	0	1			
Taste Perversion	6.1	0				
Vision Abnormal	5.3	2.3				

Other Events Observed in Association with the Administration of Felibatol<sup>™</sup>. In the paragraphs that follow, the adverse clinical events, other than those in the preceding tables, that occurred in a total of 977 adults and 357 children exposed to Felibatol<sup>™</sup> and that are reasonably associated with its use are presented. They are listed in order of decreasing frequency. Because the reports of events observed in open-fabel and uncontrolled studies, the role of Felibatol<sup>™</sup> in their causation cannot be reliably determined. Events are classified within body system categories and enumerated in order of decreasing frequency using the followed efficitions. Fequent adverse events are those occurring in a face of the control of the felibatol<sup>™</sup> in the recurrence occurring in 17100-171000 patients; and rare events are those occurring in fewer than 1/1000 patients. Event frequencies are calculated as the number of patients reporting an event divided by the total number of patients (N=1334) exposed to Felibatol<sup>™</sup>.

Body as a Whole: Frequent: Weight increase, asthenia, malaise, influenza-like symptoms; Rare: anaphylactoid reaction, chest pain

sousteriem. <u>Cardiovasquatr</u>, Frequent: Palpitation, tachycardia; *Rare*: supraventricular tachycardia. <u>Canthal Nervous System:</u> Frequent: Agitation, psychological disturbance, aggressive reaction; *Infrequent*: hallucination, euphoria,

<u>Central Nervous System: Frequent. Apilation, psychological disturbance, aggressive reaction, Infrequent.</u> haffucination, euphona, suicide attempt. migraine.

Digestive: Frequent. SGOT increased: Infrequent: esophagitis, appetite increased: Rare: GGT elevated.

Hematologic: Infrequent. Lymphadenopathy, leukoperia, leukocytosis, Ihrombocytopenia, granulicytopenia, Rare: antinuclear factor test positive, qualitative platlet disorder, agranulicytosis.

Metabolic/Muttitional: Infrequent: Hypotalemia, hyponatremia, LDH increased, afkaline phosphatase increased.

Hyponosphatimia; Rare: creatinine phosphokinase increased.

Musculoskeletal: Infrequent: Pypotionia.

Dermatological: Frequent: Pruritus, Infrequent: urticaria, bullous eruption, Rare: buccal mucous membrane swelling, Stevens-Johnson Syndrome.

Special Senses: Rare, Photosensis Drug abuse and Dependence

DRUG ABUSE AND DEPENDENCE
Abuse: Abuse opendrial was not evaluated in human studies.

Dependence: Rats administered felbamate orally at doses 8.3 times the recommended human dose III days each week for 5 consecutive weeks demonstrated no signs of physical dependence as measured by weight loss following drug withdrawal on day 7 of

Overholders.

Four subjects inadvertently received Felbatol® (felbamate) as adjunctive therapy in dosages ranging from 5400 to 7200 mg/day for durations between 6 and 51 days. One subject who received 5400 mg/day as monotherapy for 1 week reported no adverse experiences. Another subject attempted suicide by ingesting 12,000 mg of Felbatol® in a 12-hour period. The only adverse experiences reported were mild gastric distress and a restling heart rate of 100 bpm. No senious adverse reactions have been

neral supportive measures should be employed if overdosage occurs. It is not known if felbamate is dialyzable

Division of Carter-Wallace, Inc Cranbury, New Jersey 08512

Rev. 8/93 BRS-IN-00431-02

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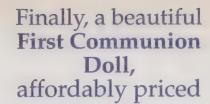
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#### **Brief Summary**

INDUCATIONS AND USAGE
Feibaldin" (felbamale) is indicated as monotherapy and adjunctive therapy in the treatment of partial seizures with and without generalization in adults with epilepsy and as adjunctive therapy in the treatment of partial and generalized seizures associated with Lennox-Gasalus syndrome in children.

Felbatol™ (felbamate) is contraindicated in patients with known hypersensitivity to Felbatol™ (felbamate) or its ingredients. It should be used cautiously in those who have demonstrated hypersensitivity reactions to other carbamates.

WARNINGS

plic drugs should not be suddenly discontinued because of the possibility of increasing seizure frequency PRECAUTIONS

PRECAUTIONS
Information for Patients: Patients should be instructed to take Felhatol™ (felhamate) only as prescribed. Patients should also be instructed to store this medication in its tightly closed container at room temperature away from excessive heat, direct sunlight, or motive, and away from children
Laberatory Tests. Clinical thesis data indicate that routine monitoring of clinical laboratory parameters is not necessary for the safe use of Felhatol™. The value of monitoring Felhatol™ and of Felhatol™ and the same test of the AEDs may be indicated (see Disana levies of other AEDs being laken concomitations). In general, clinical judgment should be exercised regarding monitoring of other faboratory parameters.

Drug Interactions: The drug interaction data described in this section were obtained from controlled clinical inals and studies involving otherwise healthy adults with epilepsy.

Use in Conjunction with Other Antipelleptic Drugs (See DOSAGE AND ADMINISTRATION):

The addition of Felbatol™ to antieptieptic drugs (AEDs) affects the steady-state plasma concentrations of AEDs. The net effect of these interactions is summarized in the following fable.

AED Coadministered	AED Concentration	Felbatof™ Concentration
Phenytoin	<b>†</b>	<b>+</b>
Valproate	<b>†</b>	< > **
Carbamazepine (CBZ)  * CBZ epoxide	*	1

Not administered, but an active metabolite of carbamazepine
No significant effect

No significant effect

Specific Effects of Felibatol<sup>™</sup> on Other Antiepileptic Drugs:
Phenyton: Felibatol<sup>™</sup> cases an increase in steady-state brenytoin plasma concentrations. In 10 otherwise healthy subjects with epilepsy ingesting phenytoin, the steady-state trough (Cmin) phenytoin plasma concentration was 17±5 micrograms/m. The steady-state Cmin increased to 21±5 micrograms/m. Line 1200 mg/dga of felibanate was coadministered increasing the felibanate dose to 1800 mg/dga in six of these subjects increased the steady-state phenytoin Cmin to 25±7 micrograms/m. In order to maintain prehytoin elevis, limit adverse experiences, and achieve the felibanate dose of 3600 mg/dga, a phenytoin dose reduction of approximately 40% was necessary for sight of these 10 subjects.

In a controlled clinical trial, a 20% reduction of the phenytoin dose at the initiation of Felibatol<sup>™</sup> therapy resulted in phenytoin elevals comparable to those prior to Felibatol<sup>™</sup> administration.

Carbamazepine: Felibatol<sup>™</sup> causes a decrease in the steady-state carbamazepine plasma concentrations and an increase in the steady-state carbamazepine, the steady-state troin decreased 31% to 5±1 micrograms/m. In nine otherwise healthy subjects with epilepsy ingesting carbamazepine, the steady-state troin decreased 31% to 5±1 micrograms/m. when felibamate (3000 mg/dga, divided into the doses) was coadministered. Carbamazepine epoxide steady-state cmin concentrations increased 57% from 1.0±0.3 to 1.6±0.4 micrograms/m. with the addition of telibamate.

In clinical trials, similar changes in carbamazepine and carbamazepine epoxide were seen.

Valproate: Felibatol<sup>™</sup> causes an increase in steady-state valproate concentrations. In four subjects with epilepsy ingesting valproate, the steady-state trough ((min) valproate plasma concentration was 63±16 micrograms/m. The steady-state Cmin increased to 78±14 micrograms/ml. The steady-state cmin increased to 78±14 micrograms/ml. The carbamazepine epoxide plasma concentration was 63±16 micrograms/ml. The steady-s

concentrations were 2+3, 9+4, and 11±6 micrograms AUCs of unbound valproate to the AUCs of the Auctor of the Aucto

established.

Geriatric Use: No systematic studies in genatric pat sufficient numbers of patients aged 65 and over to reported clinical experience has not identified differer dosage salection for an elderly patient should be caution frequency of decreased hepatic, renal, or cardiac function ADVERSE REACTIONS

frequency of decreased hepatic, renal or cardiac function
ADVERSE REACTIONS
The most common adverse reactions seen in associal
vomiting, insommia, nausea, and headache. The most
during adjunctive therapy are anorexia, vomiting, insomn
The most common adverse reactions seen in associal
vomiting, insommia, headache, and sommiolence
vomiting, insommia, insome insommia, insommia, insome insommia, insommia, insome insommia, insommia, insommia, insome insommia, insommia, insome insommia, insommia, insommia, insome insommia, in

Adults

Adults: The table that follows enumerates adverse events that courred at an incidence of 2% or more among \$8 adult patients who received Felbatol™ monotherapy at dosages of 3600 mg/day in double-blind controlled trials. Reported adverse events were classified using standard WHO-based dictionary terminology.

Adults Treatment-Emergent Adverse Event Incidence in Controlled Monotherapy Trials					
Body System/Event	Felbatoi™* (N=58) %	Low Dose Valproate" * (N=50) %	Body System/Event	Felbatol <sup>™</sup> * (N=58)	Low Dose Valproale (N=50) %
Body as a Whole			Digestive (cont'd)		
Fatique	6.9	4.0	Diarrhea	5.2	0
Weight Decrease	3.4	0	SGPT Increased	5.2	2.0
Face Edema	3.4	0	Metabolic/Nutritional		
Central Nervous System			Hypophosphatemia	3.4	0
Insomnia	8.6	4.0	Respiratory		
Headache	6.9	18.0	Upper Respiratory		
Anxiety	5.2	2.0	Tract Infection	8.6	4.0
Dermatological			Rhinitis	6.9	0
Acne	3.4	0	Special Senses		
Rash	3.4	0	Diplopia	3.4	4.0
Digestive			Otitis Media	3.4	0
Dyspepsia	8.6	2.0	Urogenital		_
Vomiting	8.6	2.0	Intramenstrual Bleeding	3.4	0
Constipation	6.9	2.0	Urinary Tract Infection	3.4	2.0

\*3600 mg/day; \*\*15 mg/kg/day

Incidence in Controlled Add-On Clinical Studies in Adults: The table that follows enumerates adverse events that occurred at an incidence of 2% or more among 114 adult patients who received Felbatol™ adjunctive therapy in add-on controlled trials at dosages up to 3600 mg/day. Reported adverse events were classified using standard WHO-based dictionary terminology. Many adverse expensences that occurred during adjunctive therapy may be a result of drug interactions. Adverse expenences during adjunctive therapy typically resolved with conversion to monotherapy, or with adjustment of the dosage of other antiepileptic drugs.

Children in a Controlled Add-On Trial in Children with Lennox-Gastaut Syndrome: The table that follows enumerates adverse events that occurred more than once among 31 pediatric patients who received Felhatol<sup>M</sup> up to 45 mg/kg/day or a maximum of 3600 mg/day. Reported adverse events were classified using standard WHO-based dictionary terminology.

Treatment-Emer Incidence in Cont	dults gent Adverse t rolled Add-On Felbatol™ (N=114)	Trials Placebo (N=43)	Treatment-Emergent Adverse Event Incidence in a Controlled Add-On Lennox-Gastaut Trial Felhatol** Placebo (N=31) (N=27) Rody System/Event (% % %			
Body System/Event	70	%	Body System/Event	70	70	
Body as a Whole			Body as a Whole			
Fatique	16.8	7.0	Fever	22.6	11.1	
Fever	2.6	4.7	Fatique	9.7	3.7	
Chest Pain	2.6	0	Weight Decrease	6.5	0	
Central Nervous System			Pain	6.5	0	
Headache	36.8	9.3	Central Nervous System			
Somnolence	19.3	7.0	Somnolence	48.4	11.1	
Dizziness	18.4	14.0	Insomnia	- 40	1	
Insomnia	17,5	7.0			1	



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Dependence: Rats administered telbamate craftly at doses 8.3 times the recommended human dose 6 days each week for 5 consecutive weeks demonstrated no signs of physical dependence as measured by weight loss following drug withdrawal on day 7 of

OVERDOSAGE

Four subjects inadvertently received Felbatol<sup>™</sup> (felbarnate) as adjunctive therapy in dosages ranging from 5400 to 7200 mg/day for durations between 6 and 51 days. One subject who received 5400 mg/day as monotherapy for 1 week reported no adverse experiences. Another subject attempted suicide by ingesting 12,000 mg of Felbatol<sup>™</sup> in a 12-hour period. The only adverse experiences reported were mild gastric distress and a resting heart rate of 100 bpm. No serious adverse reactions have been

Experiences reported.

General supportive measures should be employed if overdosage occurs. It is not known if felbamate 

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oday "Ann Marie" will receive her First Communion, and she feels very special in her lacey white dress. Mommy brushes "Ann Marie's" long hair, ties a ribbon in it, and then ... "Ann Marie" feels her place something around her neck. It's a beautiful golden cross, a special gift for a memorable First Communion celebration! "Ann Marie" gives Mommy a big hug and kiss for a gift she will cherish forever! "Ann Marie" is an original issue in the Look at Me collection of fine porcelain dolls by Lia Di Leo. She's the perfect gift to commemorate any little girl's First Communion. Her cheeks are warmly handpainted for a natural glow and her hand-set eyes sparkle with excitement. She wears a finely tailored dress, leatherette shoes, and a gold-plated cross. She's fully guaranteed and can be yours for just \$49.95,\* payable in three convenient monthly installments. Hurry ... "Ann Marie" is issued in an exclusive, hand-numbered edition.



THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY: May 31, 1994

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#### **CUT YOUR GROCERY BILL** From page 32

microwavable or "instant" breakfasts; toaster pastries: fresh flowers: "gourmet" salads and entrees in the deli; single-serving packages; snack packs and "lunch-size" portions; children's toys in the cereal aisle and precut vegetables for coleslaw or salad.

• Other "bargain" items that often aren't: giant-size boxes of low-nutrient foods like chips and cereals kids like (you'll wind up eating more of them); huge sizes of perishable products that are likely to spoil before you can use them up.

#### **The Coupon Queen**

For more than 20 years, Susan Samtur of Scarsdale, New York, has been clipping coupons and taking advantage of refund offers-she's saved hundreds of dollars. Her record: She once bought \$520 worth of groceries for \$22! Samtur's shopping techniques have been demonstrated on national television and radio programs, and she is the author of The Super Coupon Shopping System (Hyperion, 1994).

With four sons who range in age from 9 to 18, Samtur spends \$60 a week on groceries-a figure she estimates would double were it not for her tried-and-true money-saving measures.

Some people eschew coupon use because they say it encourages consumption of overprocessed, overpackaged convenience foods. Samtur disagrees. She also prefers the quality of many name-brand products to the less expensive store or generic brands. Her money-saving advice:

 Look for refund offers to get money back on fresh foods like meat and fruit. For instance, you might get \$2 off your next chicken purchase if you mail in a refund offer on a container of canned fruit, or \$2 off your next purchase of ground beef if you buy a certain brand of American cheese.

 Increase the value of coupons by using them in combination with store sales and double-coupon promotions.

 Unless you really discern specific benefits in a particular product, buy whatever brand is on sale and "couponed" for the best value.

• Buy sale items in quantity when you have coupons. Say a store is featuring name-brand paper towels, regularly priced at \$1.09, for 59 cents. With a 15cents-off coupon at a store with double coupons, you'll pay only 29 cents per roll—a savings of 80 cents per roll.

 Sometimes smaller is smarter. For instance, say you have a 50-cent coupon for a cereal you haven't tried. Use the coupon for the smallest-size package, priced at \$1.29, and buy at a store that offers double coupons. Bottom line: You pay 29 cents for the box of cereal.

Don't get discouraged. "Even if you save just \$5 a week with coupons, that's \$260 a year," says Samtur. But if clipping coupons still seems daunting, computer technology-rendering paper coupons obsoleté-may be coming to the rescue in your grocery store soon (see "Electronic Savings," right).

#### The Do-It-Yourselfer

Cynthia Hillson of Cornelius, North Carolina, needed to supplement her husband's income after she quit her job in 1987 to spend more time with their three children (today there are six, ages 20 months to 11 years). She got creative in the kitchen, trimmed her family's food budget to \$50 a week, then started a bimonthly newsletter. Thriving on Thrift, from her home.

Don't assume you save money by using mixes instead of baking from scratch. "To save money, stay away from anything that's prepared," Hillson says. "And think twice before buying potato chips and ice cream." Here's how Hillson saves:

• For breakfast, serve homemade muffins or pancakes. A two-ounce serving of "kids" cereal costs 42 cents. Compare that price to two ounces of oatmeal (15 cents), two pieces of homemade cornbread (8 cents) or two muffins (7 cents) and two waffles (8 cents) both made from scratch. It may sound like pennies, but if a family of four eats breakfasts that cost 10 cents per serving instead of 25 cents, that's an annual savings of \$219.

 Cook a sale-priced chuck roast and eat it four times: Meal One-pot roast with potatoes, onions and carrots; Meal Two-shredded leftover beef seasoned for tacos or burritos; Meal Three—beef and gravy, with any leftover veggies, served over rice; Meal Four—a soup made with leftovers, water, a little bouillon, rice or pasta, canned beans and canned tomatoes.

 Every cut the butcher makes costs you more. Learn to slice a London broil thinly across the grain for a stir-fry, or cube and marinate it for kebabs.

 When there is less than a 7-cent price difference per dozen between one size of egg and the next smaller size (of the same grade of egg), you will get more for your money if you purchase the larger size.

 Processed blends of fruit juices generally cost more than the frozen type. Make your own lemonade from water, lemons and sugar.

• Buy food in its "original" form-regular oatmeal instead of "instant," for example—whenever possible.

 Apples, oranges, carrots, potatoes and onions are generally less expensive when they are already bagged.

• For soups, stews and stir-fries, buy vegetables that are marked down.

ELECTRONIC SAVINGS

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### **Aches and Pains** You Should Never Ignore

Know what your body's distress signals may mean.

**NECK Usually muscle** strains; possibly lymphnode cancer.

**JAW Abscessed teet** a jaw-joint disorder.

By Mary Garner Ganske

**ELBOWS Tendinitis:** Lyme disease.

ARMS Tendinitis: bursitis: pressure o nerves; boi

HIPS

Strains:

arthritis.

SHOULDE

Everyone experiences an aching back, sore shoulders or a stiff neck now and then. In most cases, these woes are your muscles' way of rebelling against a strenuous activity they're not used to. But sometimes,

pains seem to crop up out of nowhere: Your leg suddenly cramps up, your arm begins to throb, or your chest starts hurting. Because pain is your body's way of telling you that something is wrong, you should never ignore it. The problem could very well be minor and treatable at home—or it could signal a more serious illness that requires medical attention. Here's how to tell the difference and what to do for relief.

Neck and Jaw Woes Strains, caused when muscles are overstretched, are a common culprit in neck stiffness, according to Paul J. Hirsch, M.D., an orthopedist at Somerset Medical Center in Somerville, New Jersey. Muscle strains are usually caused by holding your head in an

awkward position, such as when you cradle the phone between your ear and your shoulder, sleep on an overly fluffy or flat pillow, or work at a computer screen positioned above your eye level. What to do: To soothe

sore muscles, gently massage them for five minutes three or four times a day, and apply moist heat for 20 minutes three times daily. If needed, take over-the-counter (OTC) analgesics, such as aspirin, ibuprofen or acetaminophen. If pain doesn't abate in a few days, see a doctor, who may recommend a prescription-strength muscle relaxant. Abscessed teeth ignite sharp jaw pain and swollen gums. Abscesses are infections that can occur beneath faulty fillings and cause the nerves to disintegrate. Or they can be triggered by blows to the jaw or by biting down on something hard, which injures the nerves, encouraging infection, says Robert D. Shapiro, D.D.S., chief of oral and maxillofacial surgery at the University of Rochester Medical Center. What to do: See a dentist, who may recommend a root canal or extraction of

the offending tooth. Temporomandibular disorder (or TMD-once called

TMJ) brings about discomfort ranging from a dull throbbing to a stabbing

pain in the neck, jaw, side of the head or back of the eyes, sometimes accompanied by a strange clicking noise when moving the jaw and an inability to open or close the mouth all the way. Repeated jaw clenching or teeth grinding, blows to the jaw, arthritis or normal wear and tear can encourage TMD to develop, explains Dr. Shapiro. These factors (Continued)

**BACK Strained or pulled** muscles; sciatica; dislocation of spinal vertebrae.

**BUTTOCKS See back** 

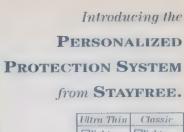
pain, above.

HANDS/WRIST Pressure on nerves; arthritis

> KNEES Injury; arthritis; Lyme disease.

**LEGS Spasms**; vein disorders: bone cancer.

Mary Garner Ganske is a freelance health writer.



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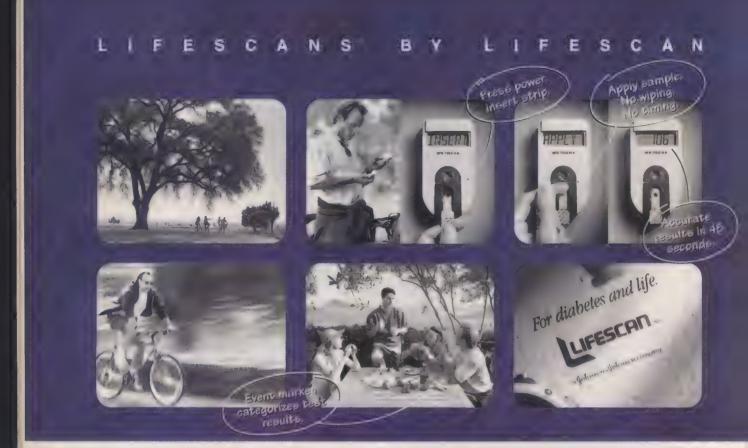












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can damage the disks that cushion the jaw joints and force the disks out of alignment. What to do: Take an OTC analgesic and rest the jaw by eating soft foods and avoiding talking. If symptoms don't ease in two weeks, see a dentist, who may prescribe a mouth splint (to minimize clenching and grinding) and exercises (to restore jaw flexibility). As a last resort, damaged disks can be repositioned or replaced with surgery. Hodgkin's lymphoma, or lymph node cancer, evokes deep, unremitting neck pain (and sometimes armpit, groin or back pain), possibly accompanied by swollen lymph nodes, weight loss and fever, says David Winter, M.D., attending physician at Baylor University Medical Center in Dallas. What to do: See a doctor promptly. This potentially curable cancer can be treated with radiation and/or chemotherapy.

Back Breakers Muscle strains cause most back, hip and buttock pain. Activities like reaching for high shelves can stretch muscles and tendons (the structures that connect muscle to bone) beyond their limit, although even slouching or sitting for too long can strain the back, adds Peter Slabaugh, M.D., chief of the spinal service at Summit Hospital in Oakland, California. What to do: Rest for two days and take an OTC analgesic. Muscle "bulls" are actually torn muscle fibers that cause sharp pain, also resulting from toostrenuous activity. What to do: Rest, keeping the injured muscle elevated, and take an OTC analgesic. For the first 24 hours, apply ice for 20 minutes every three hours, wrapping the muscle in an elastic bandage after each treatment. Then, until the muscle has healed, apply heat-which improves circulation-30 minutes three times daily; wrap after each treatment. If pain lasts more than three weeks, see a doctor. Sciatica causes back pain that may shoot down the leg or arm. It is prompted by bulging or ruptured disks (the spongy structures nestled between each vertebra) that put pressure on the sciatic nerve (which runs from the lower spine down the back of each leg). Another rare type of sciaticacalled piriformis syndrome—occurs when the sciatic nerve is trapped by a buttocks muscle that's contracted due to strenuous use. What to do: See a doctor, who may recommend OTC anti-inflammatory drugs, heat therapy

and exercises to stretch muscles and tendons. If these don't work, diagnostic tests like X-rays and CAT scans can pinpoint conditions such as ruptured disks, arthritis or fractures of the vertebrae. The doctor may suggest temporarily wearing a corset to limit movement and decrease stress on the back, traction or, in rare cases, surgery to repair a damaged disk. Degenerative spondylolisthesis results from wear and tear of the supportive and connective components of the spine, allowing one or more vertebrae to slip in front of the others, explains Stephen H. Hochschuler, M.D., chairman of the Texas Back Institute, which has centers in Dallas, Midland and Houston. What to do: See a physician, who may prescribe anti-inflammatory drugs, exercises and/or a corset or a brace. In severe cases, surgery may be necessary to stabilize the spine.

**Tender Elbows, Tingly Wrists** 

Tendinitis (commonly referred to as tennis elbow) causes a dull ache on either side of the elbow, or in the shoulder. Repetitive motions like swinging a tennis racquet irritate the tendons, causing inflammation. But even everyday activities like lifting heavy groceries can cause tendinitis, says Dr. Hirsch, (Similarly, bursitis is caused by swelling of a bursa—a structure that cushions joints so they glide smoothly. Tendinitis and bursitis can occur in tandem.) What to do: Rest, take an OTC analgesic and see a doctor if you can't move your arm or if the pain lasts more than three weeks or is very sharp, says Dr. Hirsch. Other conditions—such as hairline fractures or rotator cuff (shoulder muscle) tears-must be ruled out. Then treatment may include ice (to reduce inflammation), heat (to speed healing), light exercises (to strengthen muscles and improve flexibility) and prescription-strength anti-inflammatory drugs. Carpal tunnel syndrome (CTS) can cause pain and numbness in the wrist, palm and/or fingers that is aggravated by using the wrist and may radiate up the arm to the shoulder, says Suzanne M. Kerley, M.D., assistant clinical professor, plastic and reconstructive surgery, at the University of California, San Francisco, Repetitive movements like typing lead to inflammation around the tendons, causing pressure on the median nerve (which runs from the upper arm to the wrist, then branches off into some of the finSigns of a Medical **Emergency** 

If you ever experience any of the following types of pain, get to the emergency room of a hospital right away: • Sudden headaches, possibly coupled with vomiting, may indicate a cerebral hemorrhage. • Prolonged chest pain or pressure that may radiate down the left arm or to the jaw could be a sign of heart attack. . Sudden chest pain accompanied by breathlessness, rapid heartbeat and excessive perspiration might mean a pulmonary embolism (a blood clot blocking an artery in the lung) or pneumothorax (a punctured or collapsed lung). Excruciating pain in the upper abdomen, possibly accompanied by nausea or vomiting, may signal a perforated ulcer or pancreatic or gallbladder inflammation. Sudden abdominal pain followed by nausea, vomiting and tenderness in the lower right side of the abdomen could indicate appendicitis. • Vaginal bleeding, abdominal cramping, dizziness and the urge to urinate might mean an ectopic pregnancy. Abdominal pain, swelling and tenderness with vomiting, constipation and fever could indicate an intestinal obstruction. Intense abdominal pain that radiates to the back or groin may signal an aneurysm (dangerously dilated blood vessel).

gers). Diabetes, thyroid diseases or old injuries that never healed properly may also cause inflammation that can irritate the median nerve. What to do: Rest the wrist and take an OTC analgesic. If pain doesn't ease in two weeks, see a doctor, who may prescribe nonsteroidal anti-inflammatory drugs, cortisone injections, splints (to take stress off the nerve) or surgery (to relieve nerve pressure).

Aching Joints Injuries: Strenuous activity can stress the joints, injuring tissues that support and connect them. Especially vulnerable are the knees, where cartilage (a tough supportive and connective tissue) can tear, causing swelling and pain. What to do: Rest, and if pain doesn't subside, see an orthopedist, who can prescribe exercise, medication and, if necessary, surgery to repair torn tissue. Osteoarthritis: Over the years, cartilage in the joints (Continued) can become worn,

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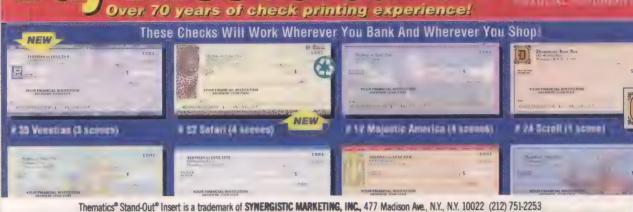


allowing bone to rub against bone. The result: pain, stiffness, a grating sensation when you move and disfiguring overgrowths of bone, says Thomas Schnitzer, M.D., director of the section of rheumatology at Rush Presbyterian St. Luke's Medical Center in Chicago. What to do: Rest, perform gentle stretching exercises and take OTC anti-inflammatory drugs. A new OTC cream-called Zostrix-can interrupt pain signals to the brain when rubbed on the skin, although it doesn't work for everyone. A rheumatologist can prescribe stronger medications. Rheumatoid arthritis touches off more severe joint pain and stiffness, along with swelling and redness, and possibly a low-grade fever, weight loss and fatigue. Rheumatoid arthritis causes the immune system to destroy its own joint tissue, and in advanced disease, the joints become deformed. What to do: See a rheumatologist, advises Arthur I. Grayzel, M.D., senior vice president for medical affairs of the Arthritis Foundation in Atlanta. The doctor can prescribe exercise, anti-inflammatory medications, steroid injections and immunosuppressant drugs. In severe cases, surgery to replace ravaged joints may be helpful. Lyme disease produces joint pain and sometimes a red rash with a clear center. It's caused by a tick-borne organism that invades cells in the body, including those in the joints (especially the knees, elbows, hands and feet). What to do: Visit a rheumatologist, says Dr. Schnitzer, who can prescribe antibiotics.

When Your Legs Hurt Muscle spasms (involuntary contractions of muscles) can cause excruciating pain in the calves, often at night. Usually due to overexertion, spasms can also occur for no obvious reason, says Dr. Hirsch. What to do: Pull your big toe toward you to stretch the calf. Vein disorders, such as clogged or narrowed blood vessels (often associated with heart disease) and deep vein thrombosis (DVT, or blood clots), can cause the legs to ache, says Gary H. Gibbons, M.D., assistant professor of medicine in cardiology at Stanford University Division of Vascular Medicine in Palo Alto, California. Clogged arteries cause fatigue and leg cramping and tightness when walking, while DVT results in leg swelling, tenderness and skin discoloration. What to do: See a doctor to be tested and treated accordingly. Blood clots can lead to dangerous pulmonary blockages.

**Allover Achiness** Fibromyalgia is a whole-body muscle disorder that can cause discomfort ranging from a mild achiness to debilitating pain, sometimes accompanied by extreme fatigue (due to interrupted sleep), a spastic colon, headache and tingling in the hands and feet. Its cause is unknown, but it may begin as a reaction to a traumatic incident—perhaps a period of intense stress—that causes the muscles to tense up, says Dr. Schnitzer. What to do: See a physician, who will check for muscular tenderness and may test for other diseases, like multiple sclerosis or arthritis. Symptoms are controlled with analgesics, anti-inflammatories, antidepressants (to promote restful sleep), as well as rest, massage, heat and gentle aerobic and stretching exercises. Bone cancer elicits a deep, persistent ache in one localized spot (like the back, arm, leg, rib or pelvis), possibly accompanied by weight loss, weakness and fever, says Dr. Winter. Rarely originating in the bone, the cancer more commonly spreads from another area—like the breast or lung. What to do: Get immediate medical help. Treatment depends on where the cancer originated, but may include hormone therapy, surgery, radiation and/or chemotherapy.









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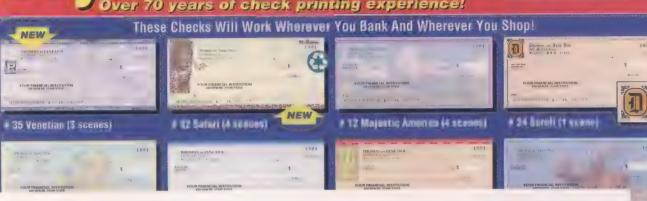
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### ACHES AND PAINS YOU SHOULD NEVER IGNORE From page 43

allowing bone to rub against bone. The result: pain, stiffness, a grating sensation when you move and disfiguring overgrowths of bone, says Thomas Schnitzer, M.D., director of the section of rheumatology at Rush Presbyterian St. Luke's Medical Center in Chicago. What to do: Rest, perform gentle stretching exercises and take OTC anti-inflammatory drugs. A new OTC cream—called Zostrix—can interrupt pain signals to the brain when rubbed on the skin, although it doesn't work for everyone. A rheumatologist can prescribe stronger medications. Rheumatoid arthritis touches off more severe joint pain and stiffness, along with swelling and redness, and possibly a low-grade fever, weight loss and fatigue. Rheumatoid arthritis causes the immune system to destroy its own joint tissue, and in advanced disease, the joints become deformed. What to do: See a rheumatologist, advises Arthur I.







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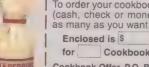


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allowing bone to rub against bone. The result: pain, stiffness,

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growths of bone, says Thomas Schnitzer, M.D., director of

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joint tissue, and in advanced disease, the joints become de-

formed. What to do: See a rheumatologist, advises Arthur I.

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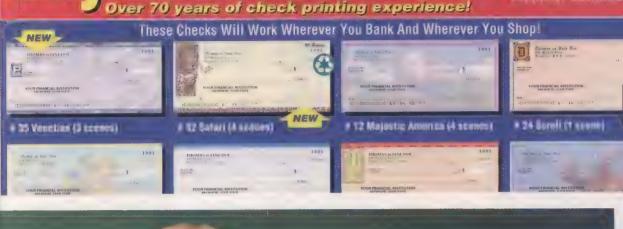
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  - Chopped scallion greens or parsley for garnish

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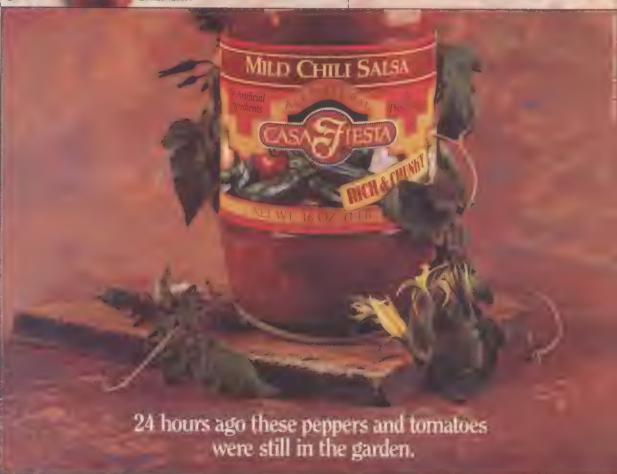
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### Walk Off The Weight Minutes a Da

By Liz Neporant

It sounds too easy: Hit the road for as little as 20 minutes a day, make one tiny fix in your diet, and walk off almost 7 pounds by summer! Believe it: That's all it takes to control your weight-for good. In fact, if you stick to our Walk&Trim plan here, you can shed nearly 30 pounds by Christmas.\* Bonus: You'll build shapely muscle (giving you an extra fat-burning edge). gain energy, reduce stress and even boost your health.

All with walking? You bet. "It's the most effective tool we have in the battle of the bulge," says Rob Sweetgall, co-author of Walking Off Weight (Creative Walking, Inc.). That's because virtually anyone can do it-even if you haven't exercised in years (or ever)-and you can do it anywhere (your street, the mall). Walking is also the doit-all exercise—tailor-made for pumping up your cardiovascular health, even helping to reduce stress by hiking levels of natural feel-good chemicals in your body.

But our Walk&Trim system goes one step further than ordinary walking plans, incorporating simple strengthbuilding moves that boost muscle and flexibility. Here's the deal: Check the chart, below opposite, for your getstarted walking schedule. When you're ready for a real challenge, move on to our total-body Walk&Trim system:

• First, determine your starting level, below. • Next, follow the map (above opposite), walking the prescribed number of minutes between each of four exercise stops. Each week, swap two regular walks with this Walk&Trim circuit. • Final step: Cut a mere 100 calories from your daily intake—that's a tablespoon of butter or 8 ounces of regular soda-to speed your weight loss. (Want to lose even faster? See page 54 for a healthy lifetime diet.)

Walk&Trim: What's Your Level? You're at:

Level 1 if you can't walk briskly for 11 minutes. Walk for 5-8 minutes between exercise stops; do 8-12 reps.

Level 2 if you can walk briskly for at least 11 minutes. Walk 9-11 minutes between stops; do 12-16 reps.

Level 3 if you can walk briskly for at least 14 minutes. Walk 12–14 minutes between stops; do 16–20 reps.

Liz Neporant is a fitness consultant in New York City.

#### **Technique Tips**

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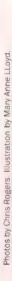
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#### Do I Really Need a Walking Shoe?

Yes and no: "If you already own running shoes, those are fine to walk in, beays Louis Galli, D.P.M., a New York podiatrist who specializes in sports medicine Otherwise, go for shoes specifically made for walking "They have the support you need in the arch and heel;" explains Dr. Galli. Shop for shoes at the end of the day when feet are swollen: try them on with thick socks and leave at least a half-inch width between the end of the shoe and longest toe. Shoes should be comfy and not need any "breaking in" to fit.





time. The faster you go, and more often you walk, the more calories you'll burn. Ready? Start your sneakers!

weeks	minutes/sessions	calonies buttied	calories burned weekly
1-2	20 min. /3-4 days	80-106	240-424
3-4	25 min. /3-4 days	100-135	300-540
5-6	30 min. /3-4 days	120-160	360-640
7-8	35 min. /4-5 days	140-185	560-925
9-10	40 min. /4-5 days	160-215	640-1,075
11-12	45 min. /4-5 days	175-240	700-1,200

## Days to a Better Body

Eat the healthy way—and pare off pounds if you need to—with this delicious Food Pyramid Plan, developed in cooperation with the American Dietetic Association. It's the newest, best eating strategy for looking and feeling great!

By Mindy Hermann, R.D.

At last, here's a quick, easy way to improve your eating habits and lose up to two pounds a week (if you're finding it hard to zip up your jeans these days). Plus you'll get all the nutrients you need for a well-balanced diet. You can rely on this 21-day plan for safe, healthful weight loss because it's based on the U.S. Department of Agriculture's (USDA) Daily Food Guide Pyramid, which experts currently consider the best set of guidelines for nutritious eating. In addition, the Food Guide Pyramid carries the American Dietetic Association's (ADA) stamp of approval. In just one week, you gradually make painless switches

from your current way of eating to our Pyramid Plan. After three weeks, you'll know how to let the Pyramid steer your food choices for a lifetime of healthful eating that keeps excess pounds off. Best of all, this flexible plan can easily be adapted to create higher-calorie menus for your whole family—so you don't have to bother with any more double-duty cooking! You can also vary the meals to maintain your weight after you've shed unwanted pounds—or even now, if you're already at your desired weight. (See page 60 for details.)

Before you start the Pyramid Plan, take our mini-quiz above to test your diet-and-nutrition know-how. Then read on—you may be surprised by what you learn!

#### **Test Yourself**

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- 3. De vall bord I to G sarrens of Verentable

- 3. Developed to Francisco and State of the S Among Ericking on your order to be contactly among there, your to be an installed three to be again and have wound at the barrier three.

Pyramid Power. In a nutshell. the new Pyramid guidelines recommend that every day you eat lots of the low-fat, high-fiber foods from the Pyramid's base: 6 to 11 servings from the bread, cereal, rice and pasta group. You should also have daily: 2 to 4 servings of fruit; 3 to 5 servings of vegetables; 2 to 3 servings from the milk, yogurt and cheese group; and 2 to 3 helpings from the meat, poultry, fish, dry beans, eggs and nuts group. Fats, oils and sweets-foods found at the Pyramid's pinnacle—should be used in limited amounts.

If you've steered clear of "Pyramid eating" until now because

you're afraid you'll gain weight by grazing on so much food each day, you're in for some good news: Since the Pyramid is structured to fill you up on carbohydrate-based grains, fruits and vegetables, which contain only 4 calories per gram, you have less room left over for fats-which contain a whopping 9 calories per gram.

It's Your Choice. Best of all, on our plan you can create your own menus because we give you a number of delicious choices for meals and snacks that you can mix and match yourself. See "Easy Switches" (page 58) for the game plan to follow, as well as our breakfast, lunch, dinner and snack selections. Get going now, and you'll have a better body fast! (Continued)







fare on our plan: Apricot-Cheese Mediterranean Tuna Sandwich: cake Ginger



#### Easy Switches

Ease into our plan gradually! As the calendar below shows, for four days you'll be making only one selection daily from our Pyramid Plan (PP) breakfast, lunch, dinner and snack lists (starting at right) to replace what you'd normally eat. (Lists are color coded to the calendar below.) Slowly make more choices from these lists until by the end of week one all your meals and snacks come from our plan. You'll eat the minimum number of servings for each Pyramid food group, adding up to 1,200 to 1,300 calories a day. Keep choosing all your meals from these lists for the next two weeks or until you've reached your desired weight. (See page 60 for a plan to maintain your weight.)



#### PP breakfast

Your lunch Your snack Your dinner



#### Your breakfast

Your snack Your dinner



Your breakfast Your lunch **PP snack** Your dinner



Your breakfast Your lunch Your snack PP dinner



#### PP breakfast PP lunch

Your snack Your dinner



#### PP breakfast

PP snack Your dinner



#### PP breakfast

PP lunch

PP snack

#### breakfast

1 whole-grain waffle topped w/1 Tbs diet syrup and 1 tsp butter or margarine • ½ grapefruit • 1 c 1% low-fat or skim milk

3/4 c corn flakes or bran flakes w/2 Tbs chopped walnuts, 1 sliced banana ● 1 c 1% low-fat or skim milk

Breakfast Parfait—In tall glass, layer 1 c artificially sweetened nonfat yogurt, ½ c orange sections, ¼ c low-fat granola.

Apricot-Cheese Danish-Place 1/2 c plain low-fat yogurt in a coffee filter to drain whey off. Refrigerate overnight. Next morning, mix 1/4 c drained yogurt w/1/4 tsp vanilla extract and 3/4 tsp sugar. Spread mixture onto 1 slice of raisin bread and broil until warm. Top w/2 sliced fresh apricots or 2 dried halves.

1 microwave pancake topped w/1 Tbs diet syrup, 1 tsp butter or margarine • 6 oz orange juice • 1 c 1% lowfat or skim milk

Hot Cereal Deluxe—Top ½ c cooked oatmeal w/1 tsp butter or margarine or 2 Tbs chopped nuts, plus 2 Tbs raisins or ½ c sliced fruit or ½ c applesauce. ● 1 c 1% low-fat or skim milk

1 slice wholegrain toast w/1 Tbs cream cheese, 1 tsp jam • 6 oz grapefruit juice • 1 c artificially sweetened nonfat yogurt

#### lunch

Mediterranean Tuna Sand-wich—Mix 2 oz water-packed tuna w/2 Tbs plain low-fat yogurt, dash cumin and garlic powder, 1 squeeze lemon juice, 5 chopped olives. Place in medium-size pita w/chopped lettuce, tomato, cucumber.

• ½ c three-bean salad • 1 apple

b Spaghetti Supreme—Sauté over moderate heat in nonstick pan for 6 minutes: 3 oz ground turkey, ¼ c chopped onions, ¼ c sliced mushrooms. Drain off fat; add ½ c spaghetti sauce; heat a few minutes more. Toss w/1 c cooked pasta. ● Small green salad w/1 Tbs low-fat dressing ● 1 orange

Sesame Chicken—Cut 3-oz chicken-breast fillet into strips. Marinate in refrigerator ½

hour in 1 tsp soy sauce, ½ tsp sesame oil, ¼ tsp sugar. Put on two 6" skewers; grill till done. Remove skewers; serve w/1 c brown rice. • 1 c cucumber salad • 1 pear

Grand Slam Sandwich—
Place on a whole-wheat roll: mustard, 1 tsp low-fat mayon-naise, 1 oz lean roast beef, 1 oz turkey breast, lettuce, tomato, roasted red peppers. • ½ c coleslaw • ½ banana w/½ c orange and grapefruit sections

Tahini Pitas—In a blender or food processor, blend 1 c drained (canned) chick-peas; 1 tsp sesame paste (tahini); 2½ tsp lemon juice; 2 tsp plain low-fat yogurt; ¼ tsp cumin; 1 small clove garlic, chopped; pinch ground red pepper, and up to 3

Tbs water. Serve w/1 medium-size pita bread cut into wedges, fresh vegetables. • 1 nectarine

Island Shrimp Kabobs-On three 8" skewers, alternate 2 mediumsize shrimp (3 oz total), 1" squares of red pepper, mushrooms, pineapple chunks. Broil 6" from heat about 4 minutes. Remove skewers: toss w/1 c rice. 1/4 c shredded raw carrot, 1/4 c cooked peas, chopped celery, 1 Tbs low-fat Italian dressing. Serve over lettuce. • 1 apple

Hearty Burger—Top ■ 2-oz cooked lean beef patty w/½ c each sautéed mushrooms and onions. Add lettuce, sliced tomato; place on hamburger roll. ● ½ c marinated vegetable salad ● Frozen fruit bar



Kristopher lives in Covington, LA with his dog Barney.

Tristopher just heard from his mom that potatoes are a fresh vegetable. But that's ok. She was also wrong about Santa Claus.





Kristopher's
Potato Wheels—
Slice potatoes into
rounds. Drizzle
lightly with oil,
sprinkle with
seasoned salt,
bake. Dip in
ketchup. And
eat it all just in
case someone's
making a list.

#### snacks

- 3/4 c pretzels; 1 c arti-ficially sweetened yogurt and 3 sliced strawnonfat yogurt
- b 2 gingersnaps along w/1/2 c plain low-fat frozen yogurt
- 6 melba toast rounds, topped w/yogurt dip (mix 1 c low-fat vogurt w/seasonings of your choice)
- $\bigcirc$  1 slice angel food cake ( $^{1}/_{12}$  of a 12" cake) topped w/1 c artifi-

herries

- 1 c no-oil tortilla chips served w/dip made w/1 c low-fat plain vogurt seasoned w/dash of cumin and couple of Tbs fresh or jarred salsa
- fig squares along w/1 c 1% low-fat or skim milk
- 3 ½ bagel served w/1 c low-calorie hot cocoa

Smart eating strategies from the ADA:

Galm your cream cravings. Trick your fat tooth by using plain low-fat yogurt instead of sour cream; whipped cream or mayonnaise.

pice up your meals. Stock up on fat-free seasonings and condiments, like spice mixes, fresh herbs, flavored vinegars, salsa and mustards. Experiment with low-fat ethnic seasoning combinations like garlic, ginger and soy sauce (Japanese); cumin and cilantro (Mexican); or garlic, basil and oregano (Italian).

Bake with fruit in: far out. Gut up to half the butter, margarine, oil or sugar from your favorite dessert rec ipes. For extra moistness in quick breads and muffins, substitute applesauce, pureed prunes or mashed

bananas, ounce-for-ounce, for some of the fat.

Wake more of your meals A 2- to 3-ounce portion of chicken, fish or meat will look like a lot of food it you cut it into chunks or strips and pile it loosely on your plate. Or make dishes combining vegetables with meat; chicken or fish; like stir-fried chicken or beef

up on fiber. Eating plenty of fiber-rich breads, cereals and other whole-grain products leaves you less room for fatty foods. Another bonus: Carbohy. drate foods rich in soluble fiber, such as oatmeal, are

digested and absorbed more slowly, providing you with a long-lasting supply of energy.

Get the best from bread. If you can't gauge the portion size of crackers, light bread, breadsticks, cereals and other bread-group foods, check the calorie information on the package label. One serving from the bread group should have about 80 calories.

Get the nutrients you need: Don't skimp on the number or size of the servings specified in our meal and snack lists—you might miss out on essential vitamins and minerals. You may also become hungry and start to overload on more fattening foods.

#### d T m m = T

- Faiita Fiesta-Brush 4 oz salmon, 1/2 each sweet green pepper and red pepper w/1 tsp olive oil and broil 6" from heat for 5 minutes. After cooking, cut salmon into pieces and peppers into strips. Place salmon and peppers into two small flour tortillas: top each w/1/2 Tbs salsa and ½ c chopped tomato. Roll up to eat.
- Chicken-Mushroom Medley-Sauté the following in a nonstick pan coated w/vegetable spray, for 4 to 5 minutes: 4 oz skinned chicken breast, 1 clove garlic, 1/2 c assorted mushrooms, 2 Tbs white wine and 1/8 tsp salt. • 1/2 c cooked pasta sprinkled w/1 tsp Parmesan cheese • 1 slice Italian bread • Large salad w/1 Tbs low-fat dressing
- Ginger Pepper Steak-Marinate 4 oz thinly sliced lean flank steak for 30 minutes in 1/2 tsp soy sauce, 1/4 tsp sesame oil, 1 tsp grated ginger, 1/2 tsp sugar and 1 clove chopped garlic. Stir-fry meat for 4 minutes in a nonstick pan or in a well-seasoned wok w/1 tsp oil, 1/2 sweet green pepper sliced into strips and ½ c pea pods. • 1 c brown rice
- Zucchini-Sole Bake—Place 4-oz fillet of sole on a 12" piece of foil. Mix together 1/4 c grated carrots, 1/4 c grated zucchini, 1 clove chopped garlic and 1/2 tsp olive oil and place on top of fish. Salt and pepper to taste. Seal foil tightly around fish and vegetables. Bake at 350° about 10 minutes or until fish flakes. • 1 c bulgur Small salad topped w/1 Tbs low-fat dressing

- Cajun-Spiced Pork Medallions-Slice 4-oz pork tenderloin into 1/2" medallions. Coat pork w/1 tsp store-bought Cajun seasoning blend. Add 1 tsp oil to skillet and heat until very hot. Immediately add pork. Cook pork on each side about 2 minutes, until crispy and the center is cooked.
- Small potato mashed w/1 Tbs 1% low-fat milk and 1 Tbs low-fat yogurt
- Steamed green beans • 1 medium-size wholegrain roll w/1 tsp butter or margarine
- **Smoked Turkey** Super Salad-Combine 1/2 c drained (canned) kidney beans, 2 oz smoked turkey breast and assorted chopped vegetables and serve on ■ bed of lettuce. Top w/½ c croutons and 2 Tbs lowfat dressing. . Small whole-wheat roll
- Zesty Italian Meat Loaf-Combine 3 oz extra-lean ground beef, 2 The chopped onion, 3 The tomato sauce, 1 Tbs bread crumbs, 1/4 tsp salt, 1/4 tsp oregano. Bake at 350° for 20 minutes in pan coated w/vegetable spray. • 1 c noodles . Small salad w/1 Tbs low-fat dressing • ½ c steamed mixed vegetables

#### SAVVY **SWAPS**

To further customize this plan, try the following for a change of pace:

- In recipes that call for lean ground beef, you can substitute equal amounts of ground turkey or ground chicken.
- Pork doesn't pique your interest? Try using chicken breast fillet instead.
- Have ½ c fruit salad (without syrup) rather than a piece of fruit.



PUTTING A DIFFERENT FAT FREE SLICE ON THIS SANDWICH
WOULD BE LIKE PUTTING BAR-B-QUE SAUCE ON LOBSTER.

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## Stay-Slim Menu Ideas

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Pyramid maintenance plan. We've expanded the mix-and-match menus on pages 56 and 58 to include even more tempting selections.

#### breakfast

1 medium-size bran muffin w/1 tsp jam, 1 tsp butter or margarine •6 oz orange juice •1 c 1% low-fat or skim milk ( 1 c cream of wheat w/1 tsp butter or margarine. ½ c berries •1 c 1% low-fat or skim milk Breakfast Parfait\* •1 slice toast Apricot-Cheese Danish\* • 1/2 c bran flakes w/1/2 c 1% low-fat or skim milk 1 medium-size bagel w/1 Tbs cream cheese, 1 tsp jam • 1/2 grapefruit •1 c 1% low-fat or skim milk Hot Cereal Deluxe\* •1 mini-muffin •1 c 1% low-fat or skim milk 2 microwave pancakes w/1 Ths diet syrup, 1 tsp butter or margarine •6 oz grapefruit juice •1 c artificially sweetened nonfat vogurt

#### lunch

a Mediterranean Tuna Sandwich\*
• ¾4 c pasta salad • 1 orange
b Spaghetti Supreme\* • Small
slice garlic bread • ½2 c steamed
broccoli • ½2 c fruit salad C Sesame Chicken\* • 1 c cucumber salad
• Small roll • 1 apple d Grand
Slam Sandwich\* • ½2 c coleslaw • ⅓3
c potato salad • ½2 c grapes C Tahini Pitas\* (change to 1 large pita)
• ½2 c orange sections f Island
Shrimp Kabobs\* • Small roll • 1 banana g Hearty Burger\* • ¾4 c
three-bean salad • frozen fruit bar

Mindy Hermann, R.D., is a writer based in Mount Kisco, New York.

#### Family Fare

Your entitlements show which the self-term, but Ruth men and the dries and rearre than 1,000 colories a stay tend as an a you if portre actival. Here to have up may up me made and reaches have a Lambda of tends of tends

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#### snacks

a 4 graham cracker squares, 1 c 1% low-fat or skim milk, 1 peach b 2 small oatmeal cookies, ½ c low-fat frozen yogurt w/1/2 c fruit salad C 6 oz orange juice, 1 small pita bread cut into wedges, w/dip: 1 c low-fat plain yogurt seasoned w/cumin, salsa 1 slice angel food cake  $(\frac{1}{12})$  of 12" cake) w/1 c artificially sweetened nonfat yogurt and ½ c strawberries @ ¾ c pretzels, 1 c artificially sweetened nonfat yogurt, 1 plum 1 3 fig squares, 1 cup low-calorie hot cocoa (g) 1 mini-muffin, 3/4 c artificially sweetened pudding made w/1% low-fat or skim milk, 1 orange

#### dinner

Fajita Fiesta\* ●½ c no-oil tortilla chips served w/salsa (i) Chicken-Mushroom Medley\* ●3/4 c brown rice •Small roll w/1 tsp butter or margarine • 1/2 c steamed mixed vegetables 6 Ginger-Pepper Steak\* • 11/4 c brown rice 1 Zucchini-Sole Bake\* • 11/4 c pasta . Small salad w/1 Tbs low-fat dressing @ Cajun-Spiced Pork Medallions\* • 11/4 c egg noodles sprinkled w/poppy seeds •1 c steamed carrots Smoked Turkey Super Salad\* • Small roll • 1/3 c pasta salad Zesty Italian Meat Loaf\* ●2 medium-size slices Italian bread . Medium-size spinach and mushroom salad w/1 Tbs low-fat dressing



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## When the Going Gets Tough... How to Be a Great

By T. Berry Brazelton, M.D.

Growing up is becoming ever more complicated, as children are faced with increasingly difficult challenges. One of the questions parents ask me is, "How do I know if I'm doing what's right for my child?" My answer: "You don't. But you get clues from him. He'll tell you by his behavior."

Learning to parent is learning from your mistakes. You don't learn as much from your successes because they're easy. It's the rocky times that teach us. Here are five knotty problems that come up for all parents and children.

#### **Saying Good Night**

"How do I get her to sleep through the night?" wails the exhausted mother of a toddler. "She cries when I leave her, then she's up every three hours, and I have to get up with her or bring her into our bed."

Sleep problems are the No. 1 parenting issue in the United States today. For the child learning to sleep is an issue of independence; for the parent it's an issue of separation.

In order to sleep eight hours, a baby must learn to get herself to sleep and to handle the rhythms of sleep that rouse us every three to four hours throughout the night. When she comes up to light sleep, she'll cry out, scrabble around in bed, find a comforting position and her lovey, then return to deep sleep. Parents who have trouble separating may unwittingly hinder this learning process.

Working parents, especially, may feel so deprived of time with their child that the minute she calls they rush to nurse, feed or play with her. The child has then lost the chance to learn how to get back to sleep independently. What to do—and not do:

- Think of your child's bedtime as an opportunity for teaching her to become independent at night.
- Have a cozy bedtime hour that includes cuddling, rocking, singing and reading a story to help her wind down.
- Let her know when you must leave, and stick to it.
- If she has bedtime fears, look under her bed and in the closet before you go. Leave a night-light on.

Dr. T. Berry Brazelton's best-selling book "Touchpoints" is now available in paperback from Addison-Wesley.

- When she rouses in the night, go to her but don't pick her up. Instead, give her her lovey and sit beside her, patting her and assuring her that she *can* fall back to sleep.
- Gradually wean yourself away from going to her. Sit across the room with a book, but don't respond if she wants to talk. Eventually, you'll be able to call to her from your room to say, "I'm here, but go back to sleep."
- Don't allow your child to watch TV or play exciting games in the hour before bedtime.
- No afternoon nap after 3 P.M.
- Don't just "let her cry." No child learns that way.

#### **Saying Goodbye**

Daily separations—when you go to work and he goes to school—are preparation for more lengthy ones. A child needs to learn that he can manage without you, that he'll have other reliable adults and that you will return.

Any child is bound to worry about being abandoned and about whether it's his fault: "If I were a good kid, Mommy would never leave me." You must reassure him that this is temporary, there's an important reason for it and that you will come back. This kind of support demands that you first handle your own feelings about separating from him. What to do—and not do:

- Always tell him when you'll leave and return.
- Be sure he's in good hands, that his caregiver knows his routines, and that he knows and trusts the caregiver.
- If he's in group care, woo a friend his age beforehand so they can feel "safe" and happy together. (Continued)

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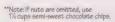
#### Until Now.

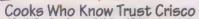
Welcome springtime with Ultimate Chocolate Chip Cookies with Butter Flavor\*Crisco® They bake up higher and moister than Toll House cookies made with butter. No wonder cooks who know trust Crisco.



- 34 cup Butter Flavor Crisco 14 cups firmly packed light brown sugar 2 Tosps. milk
- 1 Tbsp. vanilla 1 egg
- 134 cups allpurpose flour 1 tsp. salt
- 34 tsp. baking
- 1 cup semi-sweet chocolate chips
- 1 cup large pecan pieces (optional) \*\*

- 1. Heat oven to 375°F.
- 2. Combine Butter Flavor Crisco, brown sugar, milk and vanilla in a large bowl.
- 3. Beat at med. speed of elec. mixer until creamy.
- 4. Beat egg into creamed mixture.
- 5. Combine flour, salt and baking soda and mix into creamed mixture until just blended.
- 6. Stir in chocolate chips and pecan pieces.
- 7. Drop rounded tablespoonfuls (about 2 measuring Tbsps.) of dough 3 inches apart onto ungreased baking sheet.
- 8. Bake at 375°F for 8 to 10 mins. for chewy cookies (cookies will appear moist-DON'T OVERBAKE), or 11 to 13 mins. for crisp cookies.
- 9. Cool on baking sheet 2 mins. Remove to foil on countertop. Yield: About 21/2 Dz. Cookies.







#### HOW TO BE A GREAT PARENT From page 62

- Never leave without saying goodbye; let him protest.
- When it's time to go, don't linger. Hand him his lovey; get him comfortable with his caregiver, then leave.
- Return when you promised, and remind him that you did.
- When you get home, have a close, cuddly time together, then take him with you as you do your chores.
- When you're away for a longer period, such as on a trip, prepare him for your departure, telling him why you must go and when you'll return. Give him a calendar to mark off each day. Telephone daily, and leave him with a picture of you to "keep you near." When you return, reward him with a present and a "special" time with you.

#### **Learning Self-Control**

"He's out of control," says a desperate mother. "I get angry and lose my temper, and then I'm part of the problem. What can I do? I don't want him to grow up to be a delinquent."

Parents need to remember that rebellious behavior in young children is a normal developmental step toward independence—a testing of the system and themselves.

When a child's behavior is out of control, he's actually asking for limits. That's why it's important to be firm and decisive. Ambivalence on your part can cause the child to test compulsively. Then you end up feeling victimized, or you lose control yourself. Luckily, there are alternatives.

- What to do-and not do: • Realize that the goal of discipline is to help children learn self-discipline. Use each episode to teach them about limits.
- Determine the limits you want to enforce, then enforce them. Choose only the important issues. If you make a big deal out of every infraction, you'll water down the message.
- When you see that your child is building up to a scene, break the cycle by using a time-out, holding him or sending him to his room. When he's calm, explain to him: "I'm sorry, you can't do that. Every time you do, I'll have to stop you until you can stop yourself."
- When he does succeed in stopping himself, reward him.
- At times when he's not out of control, pick him up, hug him and let him know you love and approve of him.
- Try not to take him to overstimulating places, such as restaurants, where he's likely to act out. When you must take him, tell him ahead of time that you'll have to leave if he misbehaves. Follow through.
- Ask his advice about how you can help him control himself: "Whenever you tease, I lose control. I don't like that, and I'm sure you don't either. What ideas do you have that might help? I'll try them." If his ideas work, give him credit.
- Don't spank or hit your child. Physical punishment conveys these messages: (1) Disrespect for the child; (2) "I'm bigger than you, so I can get away with it"; (3) Violence is the way to settle disputes. It also gives him tacit permission to behave violently. It's a well-known fact that a child who experiences violence reproduces it later on. Our society is already violent and abusive. Please don't contribute to that.
- Remember, a rebellious period will pass. Even if you don't see results immediately, he is learning self-control from your limits. Discipline is teaching, and it takes a long time.
- If his behavior is beyond your control, or if other children shun him, have him evaluated by a therapist.

#### **Handling Grief and Loss**

Sooner or later nearly every family must face the loss of someone dear to them. When you're grieving, it's easy to overlook what the loss means for your child. (Continued)



(Butter Recipe)

#### Crisco's Oatmeal Cookie Bakes Up Higher And Softer. No If's, And's Or Butter.



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right, with Crisco's Chewy Oatmeal Cookies.

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#### Kids' Favorite Chewy Oatmeal Cookie

- 34 cup Butter Flavort Crisco
- 1 1/4 cups firmly packed light brown sugar
  - 1 egg
- 1/3 cup milk
- 11/2 tops. vanilla
- (quick or oldfashioned uncooked)
- 1 cup all-
- purpose flour 1/2 tsp. baking soda
- /2 tsp. salt
- 1/4 tsp. cinnamon
- 1 cup raisins 1 cup coarsely chopped walnuts
- Yield: About 21/2 Dozen Cookies

- 1. Heat oven to 375°F. Grease baking sheet with Butter Flavor Crisco.
- 2. Combine Butter Flavor Crisco, light brown sugar, egg, milk and vanilla in large bowl.
- 3. Beat at medium speed of electric mixer until well blended.
- 4. Combine oats, flour, baking soda, salt and cinnamon.
- 5. Mix into creamed mixture at low speed just until blended.
- 6. Stir in raisins and nuts.
- 7. Drop rounded tablespoonfuls of dough 2 inches apart onto baking sheet.
- 3 cups Quaker® Oats 8. Bake at 375°F for 10 to 12 minutes, or until lightly browned.
  - 9. Cool 2 mins. on baking sheet. Remove to kitchen counter.

#### Oatmeal Cookie Variations:

Half-Dipped Cookies - Omit raisins & nuts. Bake & cool. Microwave 1 cup Duncan Hines® Dutch Fudge Frosting for 20-25 seconds, or until smooth and thin. Dip top half of cookie in frosting. Lay on waxed paper until set

Favorite Chip Cookies - Omit raisins & nuts. Add 1 cup baking chips to batter. Bake & cool.

Maple Walnut Cookies - Omit raisins. Add 1% tsps. maple flavoring to dough. Bake & cool. Frost top of cooled cookie with mixture of 1 container Duncan Hines Vanilla Layer Cake Frosting and 1 tsp. maple flavoring. Garnish with walnut half.

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#### **HOW TO BE A GREAT PARENT** From page 64

Later you may realize that she was more silent and withdrawn than usual, more overactive or teasing, or she may even have been nurturing. Parents tell me guiltily, "She was remarkable after my father died. She helped me do everything. She kept patting me and saying, 'Don't cry, Mom.'

All of this is necessary, and she'll learn from it. Sharing your grief with her can help confirm her own, but once you're under control, your child may fall apart. Why? Because now it seems safe to ask for your help. Her acting out is a plea for understanding.

What to do-and not do:

• Take her out on an excursion once or twice a week. Talk about your feelings and solicit hers, but don't push her. When she can unload, you'll know you've succeeded.

 Assure her that you won't leave her. It's critical for her to hear that since children see death as abandonment. "If Grandma would go off to heaven, maybe you might go too, Mommy!'

• Reassure her that it is not her fault. Small children worry: "Did I do something wrong? Would she have left me if I was a good girl?" These deep-seated feelings need to be addressed.

 Unless she doesn't want to attend the funeral, allow her to go and be a part of the family ceremony. Make sure she has someone who can answer her questions at the funeral.

 Share your beliefs with her. A major loss offers a chance to talk with our children about faith and values.

• Don't try to "protect" your child from grief. You can't. She knows when everyone around her is sad, and she needs to feel included.

#### **Facing Drugs, Sex and Other Adolescent Hazards**

We used to know what our teenagers would have to face. Today, these pressures are almost impossible to predict. Nine- to 12-year-olds are now demonstrating symptoms, such as headaches and refusing to go to school, that used to occur much later.

Often a child will say to me, "I know I'm soon going to have to face drugs and sex, but I don't even know what they are!" Unfortunately, just giving her information isn't enough to alleviate her anxiety. Children know they'll have to make decisions and that just saving "no" may not be enough. Peers, TV and other pressures in society are powerful influences.

However, there are studies that

point to the inner security a child needs to withstand peer pressure. It's called "locus of control," and it means that the child feels secure enough to make her own decisions. A child is more likely to possess this quality if her parents have been available, have established good communication and have helped her to have a good self-image.

All children must rebel and test their limits, but there must also be basic trust and communication between you.

What to do-and not do:

• Establish n regular time alone with her when you can share confidences. Take her out once a week for a "date." Look forward to it the rest of the week, "What shall we do this weekend—go to the ballet, or just lunch and go browsing?" Letting her decide gives her part of the responsibility.

 Participate in school activities such as the PTA, and attend all events in which your child participates. Being a coach for your preteen's softball team, for example, builds up credit, and cred-

ibility, for the future.

• Encourage special interests such as music, dance, sports. Learning a skill that's her very own can help her to value herself, which in turn protects her from peer pressure.

• Encourage her to invite her friends over. Don't intrude, but also don't leave them alone in the house.

• Limit television exposure. I suggest an hour I day during the week, and two hours on weekends. Let the child decide what to watch, within reason, and watch with her. A disturbing program can offer a chance for communication.

• Have **n** family powwow once a week. Share ideas and complaints, assign household chores and make plans. Work on problems together.

 Make meals and holidays family times and insist that the children participate. They'll thank you for it later.

• Stick to your standards. "In our family, this is how it is. Your friends' families may have other values. I don't expect you to like our limits, but I do expect you to live up to them."

• When issues begin to surface with her peers, listen to her side of them. When she says, "I can't be different, Mom," tell her, "I understand it's hard to say 'no,' but they'll respect you for being an individual.

 Be sure she has the information she needs to protect herself from drugs, alcohol and sexual encounters. Sharing information implies respect for her and willingness to help her.





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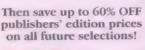




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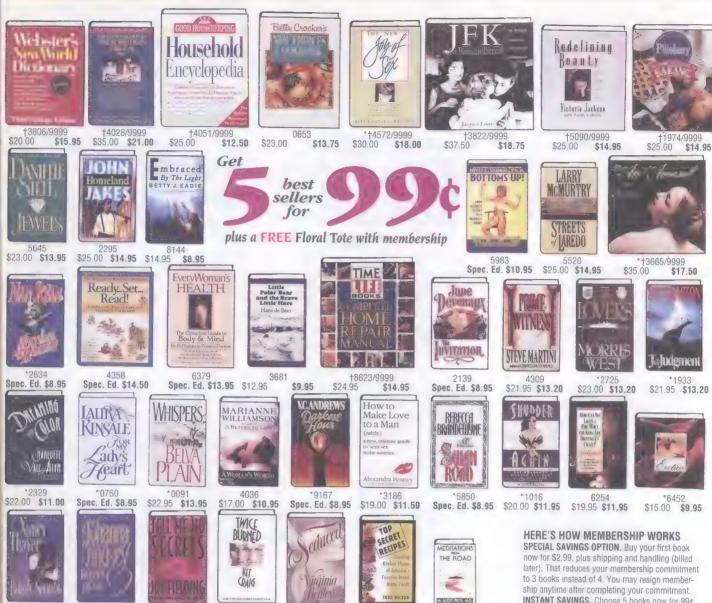
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From top to

bottom, the

author's

go from

to funky.

outfits can

sophisticated

Because, she says, "I'm all

those things

# Safe Vs. Sex Do You Like the Way You Look

### By Letty Cottin Pogrebin

When it comes to clothing and personal style, I'm a schizophrenic. On the top half of my body, I tend to wear tame, tailored clothes. But below the belt, I get all funky and rebellious. At a recent business lunch, I wore a simple silk blouse under a paisley vest, the two topped by a tweed wool jacket and a silk scarf in a muted hue. From the waist up, I could have been a matron from the Main Line or a corporate clone. But when I rose from the table, the bottom half of me looked like it belonged to somebody completely different: mid-thigh miniskirt, butter-yellow tights, brown socks gathered like cuffs at the ankle, and tan leather lace-up boots with flat heels.

#### **Mixed Signals**

I'd like to think I dress according to the weather report and my inborn sense of taste, but I've come to realize all clothing has implications and I use mine to communicate something about myself to the world. The lunch outfit was obviously declaring, "Don't treat me like just another middle-aged woman. I'm unpredictable. Inside my skin lives someone who is both mature and youthful, conventional and nonconformist, sober and sexy."

So what's wrong if my style conveys these mixed signals? Nothing—as long as I'm aware of the messages I'm sending and other people's reactions to them.

For instance, I've lately sworn off high heels because they kill my feet. But I've noticed that when I wear flats especially shoes with straps or laces—people say things like, "Gee, you look like a kid today." Maybe they associate these styles with children's oxfords and mary janes, or maybe I just move more freely and naturally (like a kid) when I wear them. In any event, what I need to keep in mind is that flats change my image enough for people to remark on it. And on days when it's important for me to look adult—say, for a meeting with a mortgage officer— I'd be wise to suffer in heels rather than send a subliminal message that I'm not ready for responsibility.

Besides youth/age, there are other volatile dualities that women reconcile in their personal style. Once I

worked in an office with a highly successful woman who wore conservative business suits, smart leather pumps, simple gold jewelry and hornrimmed glasses. But just when you had her pegged as a cool executive, her blouse contradicted the image. Open to the third button, it always showed enough chest to make men-and other women, too-take notice.

Because her clothes were first quality and she herself was so self-confident and professional. the revealing neckline resulted in a unique blend of

dignity and sexiness that threw everyone off balance. I suspect this was her intent. Clearly, she was refusing to be pigeon-holed. Using fashion's symbolic codes, she purposely sent out contradictory signals to indicate who she really was. The reserved suits told the world she wanted to be taken seriously, but the glimpse of cleavage proclaimed that she was all woman underneath.

### **Challenging Stereotypes**

Whether or not an individual intends her style to have large social impact, a major function of the mixed message is to challenge stereotypes. Madonna is an extreme example of someone who plays havoc with female iconic images, adorning herself in Christian symbols one day, leather and chains the next, then coming on as a teenybopper or as an innocent little girl. Her message is, "I am all these things and so are you if you're honest about it."

In their own less flamboyant ways, attractive women like Gloria Steinem defuse negative generalizations about feminists and other social activists. Movement leaders who usually dress in functional clothes may shock their followers when they appear in glamorous outfits, in miniskirts or in body-hugging dresses. But as (Continued)

Contributing editor Letty Cottin Pogrebin is the author of "Deborah, Golda and Me."



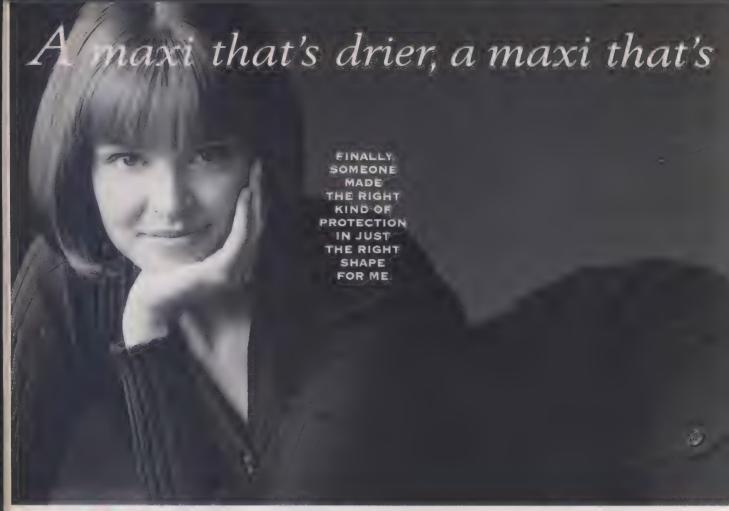
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I read it, the message is "there's no discrepancy between doing good for women and looking good as a woman."

They're saying, too, that showing a length of leg or a curve of breast should not always be considered a sexual invitation. Rather than let the media have the last word on female "types"; rather than let male erotic responses dictate what parts of a woman's body can be shown or hidden; rather than bow to fashion's decree about what we are "supposed" to wear at a given age, time, place or event, many of us are making our own rules.

For instance, a friend of mine loves lace in all its glorious incarnations. Depending on her mood, she might wear a lace camisole peeking out of a gray flannel suit (naughty), white lace collar and cuffs on a simple wool dress (nice), antique lace appliquéd on blue jeans (whimsical), a flowing lace dress that shows a black body stocking underneath (stunning). "You can't typecast lace, and you can't typecast me," she says by way of explanation.

If you were to put together an en-

semble that expressed the many aspects of your personality, you might pair a high-necked Victorian shirtwaist with a skirt that looks properly modest until a slit up the side unveils a tantalizing length of leg. You would look simultaneously demure and daring because,

Style is more powerful than most of us realize. It speaks about us, to us—and for us.

in fact, you are both those things.

If you're someone who thinks it's nuts to divide the world into strict masculine and feminine compartments, you might combine sensuous velvet tights with a long man-tailored shirt, or wear two-ton black leather shoes with a gossamer chiffon skirt. Or a classic tuxedo

with a white cotton T-shirt. You might even choose to wear these outfits in the daytime! Anyone tuned in would understand from your mixed signals that you are pushing the boundaries between the male and female style ghettoes and in the process challenging society's stereotypes of gender.

Sometimes the signals we send with our clothes can emanate from darker sources in our psyches, and a casual observer may be mystified by the messages. I once knew a German-American woman who dressed with incredible panache and high-fashion drama. She favored the long, lean silhouette and was tall enough to wear almost anything she liked.

But the odd thing was that although her clothes were often daring in design, they were extremely muted in color. In fact, she never wore anything except black or beige. After a while, I began to wonder why a woman of such style would limit herself to such a dull and boring color palette.

The riddle explained itself when I learned that her father had been a Nazi officer during the Second World War. Several things she said led me to believe that wearing dour colors was an expression of the guilt she felt on his

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behalf; at the same time, her commitment to high style sent a more hopeful signal that she was doing things differently and was dedicated to newness and change.

DATA VS LEADING REGULAR MAXIS

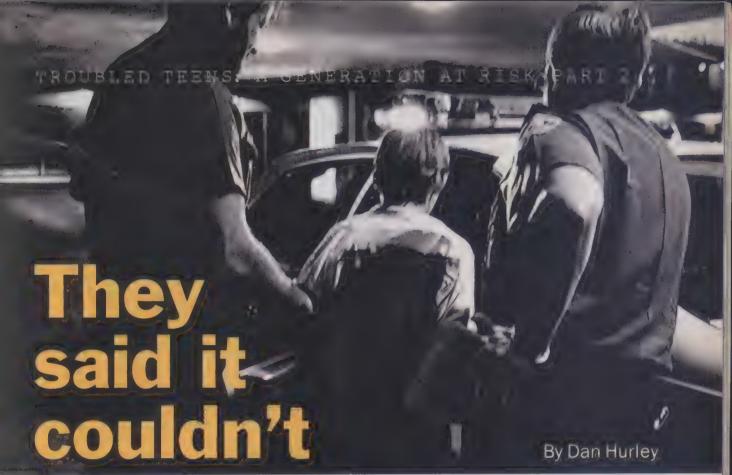
Certain mixed messages rub people the wrong way no matter how attractive the package. For instance, it strikes some observers as an affectation when city women wear overalls or cowboy boots, or affluent women transform torn jeans and thrift-shop dresses into a kind of poverty chic. And ethnic clothes can be a sensitive issue with the groups from which they are casually borrowed.

The bottom line is that style is more powerful than most of us realize. It speaks about us, to us-and for us. When we study fashion layouts or browse in department stores, we respond viscerally. Ideally, if we follow our instincts and make wise purchases within our price range, we should be delighted at the wide array of options that greet us when we open our closets. By creatively combining tops, bottoms, layers, color, texture, jewelry and accessories, we should be able to create outer images that fit our inner selves-and send signals that are nobody else's but our own.

### SEND YOUR OWN STYLE SIGNALS

- Tomorrow morning as you're about to dress, instead of considering only the weather and your appointment schedule, ask yourself how you feel and what you want your appearance to say about you this particular day. What aspect of yourself, what mood, what needs do you wish to communicate? Then dress accordingly. It's O.K. to radiate quiet elegance on Monday, power vibes on Tuesday, flea-market idiosyncrasy on Wednesday. . . . The whole idea is to use style, and not to let it use you.
- Forget about what's in or what's out. Put yourself together your way. Team satin with denim, silk with suede, stripes with checks. If you need a lift, experiment with colors vou've never worn before (and don't panic if someone says, "Wow, that's really yellow!"). Top off a frilly shirt with a man's necktie; wear jackets with leggings instead of

- skirts. Change your hem lengths; see how each new look makes you feel.
- Comb through your closets and pluck out those items of clothing you haven't worn for a couple of vears. If you didn't like something last spring, chances are you won't like it again this year. Probably it never really expressed you in the first place. Give it away and don't feel bad. We all make mistakes.
- Never mind what "they're" showing this year—the waif look, the Edwardian dandy look, the **Brothers Karamazov outfits, the** military look, the perfect cashmere sets, the meticulously coordinated ensembles. Don't feel you have to duplicate any one style to the letter. Take a little from each look as the spirit moves you. Fashion is a bazaar of possibilities-and the customer is always right!



# happen here

Teen Crime

comes to Blue Springs, Mo.

t 7:05 P.M. on Friday, February 1, 1991, a call came in to the police station in Grain Valley, Missouri, a small town of soybean fields and subdivisions 20 miles. east of Kansas City. Two boys, ages 13 and 14, were trying to rent themselves a room at the Kozy Inn. Sgt. Scott Lambert, 28, figured they were just another couple of Huck Finn runaways. As the kind of cop who still handed out chewing gum to kids, in the kind of town that still has a grain silo on Main Street, Lambert

had no reason to think that the boys were the two eighth graders from neighboring Blue Springs suspected of stealing two guns from a home earlier in the day. Even so, minutes after sending Officer Rick Barney to check it out, Lambert had an uneasy feeling. He ran out to his unmarked car, sped onto Main Street and called Barney on his radio. "I think I've got one here in the parking lot of Potter's Liquors," Barney replied.

As Lambert swerved around the corner into the parking lot, his tires screeching, he heard Barney yell over the radio, "He's running from me!" He saw the boy sprint from the squad car toward a Conoco gas station on the other side of the parking lot. Lambert hit the brake, jumped out of his car and raced off in pursuit through a field of tall grass at the parking lot's edge. Just then, the other boy burst out of the Conoco station and dashed off through the field, with Barney close behind.

Although he was now less than 10 feet from the cleancut 14-year-old, Lambert didn't see the .357 Magnum revolver—one of the most powerful handguns sold in the United States—that the boy pointed blindly at him from under his left arm. The first Lambert knew, he heard the thunder of two shots and saw two balls of flame coming straight at him.

Lambert felt the first bullet hit him in the stomach, and the second in the chest, but the momentum of his running and the adrenaline of the chase kept him moving a few steps more until he tackled the boy who, at 4 feet 8, weighed just 70 pounds. Because Lambert was one of only two out of the eight full-time cops in town who always bothered to wear a bulletproof vest, (Continued)

Freelance writer Dan Hurley often writes about social issues. He lives in suburban New Jersey.

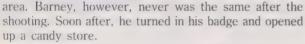
the shots caused nothing more than a one-inch chest puncture and severe pressure wounds from the bullets pressing the vest into his skin. Without the vest, he would have bled to death within minutes.

Just then, Lambert looked up and saw the boy Barney had been chasing reach for a .22 handgun in his pants. With his free arm, Lambert grabbed his own gun from his holster and pointed it at him. "Drop it!" he shouted, as

Barney tackled the kid.

Lambert, growing weak, finally hit the boy he straddled in the head with the barrel of his gun. "Call for help," he gasped to Barney. "I've been shot."

Jason,\* the boy who shot Lambert, ended up spending two and a half years in juvenile facilities in Colorado and Kansas City, while the other boy was sentenced to probation and required to attend school at a juvenile facility. Lambert needed three months to recuperate from his wounds, and even longer to get over the psychological shock that Jason was from Blue Springs, one of the richest and most desirable suburbs in the



"It kind of burst my bubble when I realized it was a little kid who shot me," says Lambert. "When I was 14, I wasn't thinking of breaking into houses and stealing guns. My friends and I were riding bikes and building jump ramps. People still think that someone who shoots a cop is going to have long hair and a beard, be riding a motorcycle and wearing a leather jacket. But they're wrong. These days the kid next door can do it."

### **Spoiling the Suburban Dream**

Sgt. Scott Lambert was

shot by a 14-year-old boy

from Blue Springs. "It kind

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who shot me."

Though delinquency is often seen as a problem affecting only inner-city minority youth, arrests for violent crimes among white teens, and suburban youth in general, are rising as never before. Between 1980 and 1990, according to the FBI, arrests of white kids aged 10 to 17 for violent crimes—everything from homicide to assault and rape—increased by 44 percent, compared to 19 percent for black youths. And the National Center for Juvenile Justice reports that in every year since 1989, violent juvenile arrests have risen faster in the suburbs than in cities. From 1991 to 1992, for example, arrests for such crimes jumped by 10.5 percent in suburban counties—more than two and a half times the 4 percent increase seen in cities.

Although the overall number of juveniles arrested for violent crimes remains much higher in cities than in suburbs, the increases in once-tranquil suburbs are disturbing—and deadly. The National Center for Health

Statistics (NCHS) reports that between 1987 and 1989 (the most recent data available), homicide rates among youths aged 15 to 19 in counties with populations under 250,000 increased by an average annual rate of 35 percent. Across the country, gunshot wounds are now the second-leading cause of death in that age group (car-accident fatalities rank first), and are climbing faster than any other cause among both blacks and whites.

"Firearm homicides have reached the suburbs," says Lois A. Fingerhut, the NCHS epidemiologist who prepared the report. "The rates are much lower in the fringe counties than in cities, but for the first time there is a real increase [in those counties]."

The trend has shocked police and parents in suburban communities across the country:

- In affluent Coral Springs, Florida, a 15-year-old boy was attacked and stabbed by six local teens in a Dairy Queen parking lot on December 12, 1992. The arrest rate for juveniles in the Fort Lauderdale suburb, where test scores and college enrollment rates are among the state's highest, jumped by 54 percent between 1990 and 1992. Residents wonder if the town, whose population has leaped from 37,000 in 1980 to 85,000 today, has grown too fast for its own good.
- In Martinsville, Indiana, juvenile arrest rates jumped from about 200 in 1987 to 352 in 1993, according to juvenile officer Captain Terry Weddle. Although the town of 12,000 remains relatively untouched by guns or murder, there's been a big increase in shoplifting and car break-ins, and four teens committed suicide in the last two years.
- In Irving, Texas, an upper-middle-class Dallas suburb of 160,000, a 17-year-old student shot and killed another 17-year-old in the hallway of Nimitz High School on May 14, 1993, over an argument about a girlfriend.

#### **The Little Town That Grew**

Like suburbs across the country, Blue Springs has discovered there's no getting away from the nationwide social problems that spur teen crime: the growth of teen gangs, the increasing availability of guns, the weakening and breakdown of family life, the portrayal of violence on television and in movies, and the soaring population growth that has turned many suburbs into little more than urban complexes with green lawns.

Located a few miles from Independence, Missouri, where President Harry Truman grew up, Blue Springs manages to maintain a small-town, all-American appearance. You can even order a milk shake at the soda fountain in the Lowe Pharmacy on Main Street. Lured by that Norman Rockwell atmosphere and a widely praised school system, parents flocked to Blue Springs in such numbers that student enrollment grew about 22 percent—from 8,662 in 1982 to 11,021 in 1991. At the same time, the town's population increased by more than 50 percent—to 40,474—most of which was white and middle class. They moved to brand-new subdivisions with Old World names like Camelot, Vienna Woods, Somerset Estates and Country Club Manor. Soon Main Street (Continued)



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area. Barney, however, never was the same after the shooting. Soon after, he turned in his badge and opened up a candy store.

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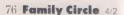
The Little Town That Grew

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was threatened by the Independence Center, a shopping mall off I-70, and the big hangout for teens became the Blue Springs Cinema Eight on Highway 7.

"I miss that old small-town feeling, where if you were out after dark, people would call your Mom," admits P. J. Petrillo, director of the Blue Springs school district's student assistance program. Sitting in a tiny office in Blue Springs South, a new high school that opened so recently it still has that "new car smell," she remembers how one of her grandparents' farms was once bulldozed to make way for a school. Outside the window, mounds of raw earth are visible

around the brand-new tennis courts.

"Blue Springs has grown so much, its boundaries are no longer protected," she says. "We've had people move here from all over the U.S. We became more sophisticated, but there are negative aspects to growth this fast."

One of the most negative aspects of fast population growth is that it often leads to a high crime rate, according to a recent study by *American Demographics*. By comparing data from the FBI and the Census Bureau, researchers found that 7 of the 10 fastest-growing states—Florida, Texas, Arizona, Washington, California, New Mexico and Nevada—also have the highest crime rates.

So it's not surprising that the only thing growing faster than Blue Springs' population during the 80's was its juvenile crime arrest rate: According to FBI data, between 1982 and 1991 the town's juvenile arrests increased 91 percent. The difference between the early 1980's and the latter part of the decade is striking: The average number of teen arrests for robbery increased fivefold, aggravated assault more than doubled, larceny theft almost tripled, motor vehicle theft more than doubled, and weapons possession more than tripled.

### **Gangs Invade Suburbia**

Driving down a road in his Blue Springs neighborhood, realtor Jim Mulkey points at the hundreds of homes visible on the horizon. "As far as you can see, none of this existed when I moved here in 1976," he says. "This was an old peach orchard. My son used to walk through the orchard to go fishing in the pond. I can remember chasing a cow off my front lawn."

Mulkey had bigger problems to chase when the town was sent into a minor uproar over the fear of teen gangs. By 1991, gang-related graffiti had begun appearing on bridges, fences and walls around town, kids were seen wearing gang-style clothing, fights were occurring in the schools, and teens were reportedly driving by local burger



Headlines from the local newspaper highlight some of the problems—from teen gangs to the shooting of a local police sergeant—that the town of Blue Springs faced when its juvenile crime rate soared.

joints displaying BB guns and starter pistols to intimidate other teens. The Public Safety Board, of which Mulkey was a member, held meetings with the schools, the police, parents and civic groups.

"There was some hysteria," admits Mayor Greg Grounds. "When people came to meetings, they said, "We moved here to get away from city problems, and we didn't expect problems in our nice new neighborhood."

Gangs can be real danger for teens, says Delbert Elliott, Ph.D., director of the National Youth Survey, an annual study of teens' delinquency and use of drugs and

alcohol. "An adolescent almost never escalates from isolated incidents to serious delinquency without a group of delinquent peers," he says. "Once kids get into junior high school, the best predictor of delinquency is the kind of friends they have."

Adds James A. Fox, Ph.D., dean of the college of criminal justice at Northeastern University in Boston, "Violence is often a group activity, because the responsibility for behavior gets dispersed in a gang. A teen thinks, 'It wasn't my fault, everyone was doing it.' So when parents discover that their kids are wearing gang colors instead of the local high school sweatshirt, it is worthy of concern."

Blue Springs reacted to the first signs of gangs with admirable force. The police cracked down on even minor teen violations and dispatched a police juvenile officer to the schools. Following its official motto, "The City of Cooperation," Blue Springs' schools, parents and civic groups worked together with the police to weed out the gang problem from the town's acres of newly laid sod.

### **Growing Availability of Guns**

Even so, homeowners flocked to gun shops. In Jackson County, which includes Blue Springs, the number of people applying for handgun permits (required by the state) more than doubled from 1991 to 1993. "Home protection" was the reason most often cited on permit applications.

Part of the reason growing numbers of people across the country are becoming gun owners is to protect themselves against precisely the kind of crimes that have been making suburbs and cities more dangerous. But a study published in October 1993 in *The New England Journal of Medicine* found that rather than making homes safer, having a handgun almost triples the risk that someone in the home will be killed there.

One reason that guns in the home are so dangerous is that many owners are reckless. Over one-third of gun owners surveyed in a study published in June (Continued)





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### TROUBLED TEENS: A GENERATION AT RISK PART 2

I didn't know one

person who had a

gun when I was

growing up . . .

Here, almost

everybody does.

1992 in the *Journal of the American Medical Association* said they kept their weapons loaded, and more than half kept them unlocked—despite basic safety advice that guns should be stored unloaded and locked in a separate area.

"I have thought sometimes, if only that gun my son stole had been locked away," says Linda, \* the mother of Jason, the boy who shot Sgt. Lambert. "I didn't know one person who

had a gun when I was growing up in upstate New York. Here, almost everybody does. They lie around in the house unlocked. I know three kids who've gotten out their fathers' guns. One barely missed shooting his friend."

Says Mayor Grounds, "The shooting of Sergeant Lambert just shocked the collective conscience of the community. To hear that a kid in Blue Springs, instead of knocking your mail box off, will try to kill you—it's a sign of society."

Nationally, the lethality of violent acts by juveniles has worsened. "We're seeing more serious injuries and more homicides," says Dr. Elliott of the National

Youth Survey. "Those are related almost directly to increases in firearm assaults—and the change may be more marked in suburban areas than in cities. Whereas kids in the suburbs were fighting before, and maybe walking away with a black eye, they're killing each other now, because they're shooting each other now."

#### **Troubled Families**

As in many other suburbs across America, Blue Springs has seen a divergence between parents who lavish every imaginable privilege on their children, and those who seem unable to be parents at all.

"Domino's pizza and a video to go, that's the extent of parenting in some families," muses Mayor Grounds. Divorce

has become so commonplace, he says, that "my children always differentiate for me whether I'm going to be talking to their friend's 'real' dad or their 'fake' dad." On the other hand, Grounds says that the PTA is never lacking for volunteers.

For her part, Linda was one of those parents who always managed to shuttle her three sons to three different soccer practices every Saturday. But as a divorced mother who worked full time to support her kids, she admits, "At times I've felt guilty."

Although Jason's grade-school teachers suspected he might be hyperactive, Linda never had him examined because his be-

havior was fine at home. "Besides, my ex-husband didn't believe in psychologists," says Linda. "He'd withhold child support and say he wouldn't pay any part of the medical bill when I said I wanted to get help." In addition, she suspects that Jason was physically abused when he visited his father.

Possibly in reaction to the abuse, Jason changed suddenly

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"One multivitamin fits everyone's needs."

the September before he shot Lambert. The boy who had previously loved to play soccer dropped off the team and started hanging out with a group of kids Linda didn't care for. She suspected that these boys were involved with drugs or were troublemakers.

"I gave him a big lecture," she says, but the lecture didn't

work. Even so, he never talked back to her at home, and his room was so immaculate, "It looked like a nun's room," she says. Only too late did she learn that removing all personal touches and decorations from a room is sometimes a sign that a teen is planning suicide or some other form of violence.

Although Jason was released from a Kansas City youth facility in June 1993, Linda feels in some ways more sorry for his friend, the 13-year-old boy who joined him in the misadventure but who never was incarcerated.

"They've been friends ever since they were 5 years old," says Linda. "The other boy lives right across the street. He never had any problems at all, but Jason told him about all of his problems, and they decided to run away."

Severe family problems like Linda's are not rare in the suburbs, yet they're often

harder to deal with because there's a lot of denial. Gene Dexter, Ph.D., the assistant superintendent of Blue Springs' schools, takes a see-no-evil, hear-no-evil approach. As he puts it, "People call me up and ask if drug abuse is on the decline. I tell them I don't know, I'm not policeman. They

ask if teenage pregnancy is on the decline. I tell them I don't know, I'm not a physician. We had  $\[mu]$  ministerial alliance. They heard of increased crime in the suburbs, how it was penetrating the school environment. I say to them, hey, we're not seeing it in the schools. They say we're in denial."

In reality, today one in four U.S. children lives in a single-

parent home, and according to the National Committee to Prevent Child Abuse, reports of child abuse and neglect jumped 40 percent between 1985 and 1991. "Even in the suburbs, more and more kids reside in households where the parents aren't home very much," says Dr. Fox. "These kids are not being sufficiently supervised and socialized at home."

About a third of boys in high-risk groups who are also raised by single parents develop antisocial or conduct-disorder problems, says research psychologist Gerald R. Patterson, Ph.D., who has long studied parental influences on delinquency at the Oregon Social Learning Center in Eugene. "Anything that increases the prevalence of single parents in society, especially young single mothers, puts us at risk for rising crime rate," he says.



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Five Multivitamin Formulas designed for who you are and how you live. WOMEN'S: More calcium than any leading brand plus extra iron. MEN'S: Extra C, E, and B vitamins. 55 PLUS: More vitamin C, B¹, B², B⁶, E, K, and Folic Acid than Centrum Silver. MAXIMUM: 12 essential vitamins and 13 minerals. ESSENTIAL: U.S. RDA of 11 essential vitamins, including antioxidants.

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# Help Dutch Boy & Family Circle Keep America's Families Healthy



From March 1st thru April 30th, Dutch Boy will donate \$.50 to the "Healthy Families America" charity for every gallon of Kid's Room Paint you buy.



### What is Healthy Families America?

Healthy Families America is a program created and implemented by the National Committee to Prevent Child Abuse in partnership with Ronald McDonald Children's Charities. Designed to reach families as early as possible, when a child is born, in order to build parenting skills and prevent childhood health problems, notably child abuse and neglect. The goal is to make sure that all new parents, particularly those facing the greatest challenges, get off to a good start through a nationwide program of voluntary home visitor services.

Dutch Boy is proud to join with its partners Ronald McDonald's Children's Charities, the NBA and Family Circle in supporting this worthwhile cause in 1994.

We ask that you help us help
"Healthy Families America" build healthy
child/parent relationships for today and for
tomorrow. See a participating Dutch Boy
retailer for more details

### **Violence on the Screen**

Even the strongest families can do little against the influence of violence on television and in movies. Seattle psychiatrist Brandon S. Centerwall, M.D., recently concluded in the *Journal of the American Medical Association* that the introduction of TV may have caused the near doubling of U.S. homicide rates between the 1950's and 1974. Long-term childhood exposure to TV could be "a causal factor behind approximately one-half of the homicides committed in the United States."

Although most other experts remain uncertain how strong the link is between violence in the media and violence in the streets, Dr. Fox asks, "What reason on earth is there for Hard Coby to come on at 4 P.M. to recreate a homicide that shows skulls and bones? Many suburban kids have access to all sorts of cable channels, or they can simply go to the video store and plunk down two dollars for slasher films. Kids learn that violence isn't as taboo as it once was." He says he especially worries about violent movies that have become popular among teens, like I Spit On Your Grave, which depicts a brutal gang rape.

In response to the growing concern over televised violence, the four TV networks announced last summer that they would include parental advisories before showing violent programs. Airing of these advisories began in September 1993 for movies, mini-series and specials, and were phased in for series during the rest of the season.

Network and cable TV industry executives are now discussing the creation of an independent monitor who would do a qualitative analysis of violent programs, measuring the severity of the violence, and publicize the findings annually. (To date, only quantitative assessments-those that tally the number of violent acts-have been widely reported.) These findings will then be used to make parental advisory messages more specific to each program's content. The television industry hopes to have this monitor in place before the beginning of the 1994 fall season in September.

#### **Preventive Medicine**

For now, the best way suburbs can prevent teen crime is to provide more supportive services for families in crisis and more structured activities for children. Says Dr. Fox, "The problem is it takes a good deal of money. Many suburbanites are simply not willing to fund community centers, school programs and counseling services."

But Blue Springs has risen to the challenge. On a rainy Wednesday morning in December 1992, nearly two dozen volunteer members of the town's coordinating council for social services met to hear Jim Mulkey, the group's new chairman, talk about the planned opening of a new Boys and Girls Club. "We got this far because of tremendous cooperation between the city, the police, the business community and the school district," he told the group. "Each of us ought to feel proud."

P. J. Petrillo's 8-year-old student assistance program, called Choices, is key part of Blue Springs' response to rising delinquency. It assists students with personal issues—anything from gang involvement to family problems—that may limit their potential. Petrillo is also the director of the police department's new youth offender unit. A joint program of the school district, the city and the county, it provides troubled youth and their families with free counseling and other guidance services.

All this is too late for Jason. It wasn't until he was sent to a youth correction facility that he received counseling and medication for his depression. In fact, even after he finished his sentence, the Blue Springs school system refused to let him back unless ordered by a court, something the court refused to do. "He'd give anything to go back to school," says his mother, "but the town has just washed its hands of my son." Today, though just 17 and hoping someday to go to college, Jason spends his days helping out as a laborer without pay on a local farm.

Linda's neighbors, at least, have been more understanding and forgiving. As one local mother told her—in words that suburban parents everywhere should keep in mind—"It happened to your kid; it could have happened to mine."

Editor's Note: Is juvenile crime a problem where you live? Are there any successful programs in your community? We'd like to hear from you about your town's efforts to deal with the situation. Write: FAMILY CIRCLE, Teen Crime, 110 Fifth Ave., New York, NY 10011.





# To A Kid, This Is A Gym.

(Make sure the walls don't show it.)



Slams. Jams. Rebounds. Your future superstar knows all the right moves to give paint a real workout.

That's why Dutch Boy created Kid's Room Paint. It's got a tough, scrubbable finish that scores big with parents. And it comes in all 27 official NBA team colors to score extra points with kids. It's even free of mercury and lead hazards.

With skills this outstanding, it's no wonder Dutch Boy is The Official Paint of the NBA.

THE LASTING LOOK OF

Dutch Boy

O1994 Dutch Boy Paint

THE PANTILINER WAS INTRODUCED IN 1975.



IN 1994, IT HAS FINALLY RECEIVED THE COVERAGE IT DESERVES.

### INTRODUCING ALWAYS PLUS PANTILINERS WITH WINGS.

FOR YEARS YOU'VE WORN A PANTILINER THAT DIDN'T COVER ENOUGH OF YOUR PANTIES.

KIND OF POINTLESS, WASN'T IT? FINALLY, THERE'S AN EXTRA LONG\* PANTILINER

WITH SOFT WINGS THAT WRAP AROUND TO COVER THE SIDES OF YOUR PANTIES FOR EVEN MORE

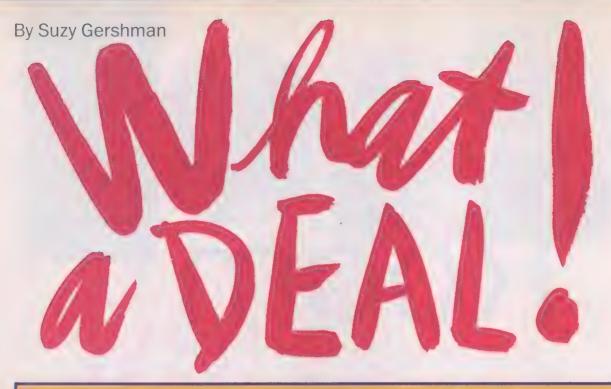
PROTECTION.\* NEWS LIKE THIS COULDN'T STAY A SECRET FOR VERY LONG.



### LETTER FROM THE EDITOR

I confess. I am old enough to remember the Beatles' debut on the Ed Sullivan Show 30 years ago. My personal favorite was John Lennon, although I always got a kick out of Ringo's crazy antics. In the midst of all the publicity and nostalgia marking the anniversary, my daughter (whose taste in music runs the gamut from 50's musicals to Pearl Jam) wanted to know what all the fuss was about. So I explained that the Beatles were the greatest musical group ever, an opinion my self-respecting 11year-old automatically challenged. My response: I'll prove it! But where did I put those albums? They disappeared when tapes replaced records; then, like a second cousin twice removed, were forgotten again when CD's came in. "Where did I put that?" is a frustrating question for all of us. So in this issue, we have two features that will help you control your stuff. Our "Make Room in Every Room" story helps with 35 new ways to get the space you need, and the tear-out home inventory card asks you to fill in the blanks. (Our tip: Make copies of the list and post one on the refrigerator.) This issue has more of what readers want: "What a Deal!" helps you navigate the world of TV shopping, designer discounters and the giant EDLP retailers. ... Tired of waiting for those perennials to bloom? Follow our plans for a simple container garden and enjoy colorful flowers right now! Once your garden is ready, try dining "out" with our great new recipes from one of Miami's hottest chefs. And for dessert? Think of "Strawberry Fields Forever" and whip up a shortcake!

Jackie Feo



# From malls to TV to outlets—how to find the best fashion buys

Once upon a time, if you wanted to buy a skirt, you'd drive downtown to the dress shop, fork over the amount on the price tag, and take your purchase home. But these days everybody's looking for a deal, and full price is almost a dirty word. In fact, a recent survey revealed that for nearly 8 out of 10 women cost is the prime concern when buying clothes. Maybe that's why so many of us shop at **discount** outlets—visits are up 200 percent since 1985—and stores offering **every-day low prices**. And when we go to **department stores**, we look for sales and markdowns. Other popular options include mail order—over half of all adults bought something

through a **catalog** in 1992—and, bigger and better than before, **cable TV** shopping channels. So, exactly where are the best deals of the 90's? Our style report tells all.

Win a \$2,500 shopping spree at Marshalls! See page 129.

Suzy Gershman is the author of the "Born to Shop" travel guides (HarperCollins).









### \* Every-Day Low Pricing, that is! Try it for trendy touches and clothing basics.

Maybe you've already discovered there's more to kmart. Sears JCPenney and Wal-Mart than bedding, housewares and auto supplies. These reliable chain stores have jumped on the fashion and dwagon so aside from lingain buys in this minute accessories and sturdy staples like T-shirts and undies you can find private label lines with casual flair—like Arizona new from ICPenney—or celebrit, collections such as Jaclyn Smith's for kmart. Shop the men's tik partments, too, to find outdoorsy styles for you; button-down shirts, chinos, barn jackets.

Hot accents or casual looks: choker, \$3.99, Kmart. Camp shirt, \$14, and fishing vest, \$23, Kmart. White jeans, \$18, JCPenney Arizona collection.

BEST BUYS

- Trendy costume jewelry
- Hair accessories
- Straw hats
- Canvas bags and totes
- Leggings

Designer denim shorts, \$25; Sears. Hooded denim vest;

\$16; white Tshirt, \$4; red slicker, \$12, Kmart. Outfil

total? \$57

- T-shirts, underwear and socks
- Slip-on sneakers

HOT TIPS

- Hit the men's department for styles you can wear.
- Give garments a quality test: Are seams, zippers straight? Does fabric lie flat? Is elastic sturdy?

Pamper
yourself in floral
underthings—
this from the
Jaclyn Smith
collection for
Kmart, Bra,
\$9.99; panties,
\$2.99.

### talogs Shop anytime you want—and for extra Tote it all in a savings, turn to the bargain section! roomy, fresh You can't beat catalogs for saving time effortfor-spring straw tote lined with cotton, \$38; and gas money. If you're dealing with a mailorder-only company—Spiegel, Martin Rochelle the unlined (for costume jewelry) Chadwick's of Boston version is \$28 J. Crew. you save on store overhead costs too. What's more many catalogs now have sale versions. some like Tweeds simply tuck a clearance section in their regular ones. Remember that models to boot - may look different in real life. As with TV shopping, ask order-taker about garment length, color and fabric drape Easy pieces: silk noil pants, \$49 Victoria's Secret. Cotton knit tunic with snap front, \$32; navy suede sandals, \$65, Clifford & Wills Simple, easy-fitting pieces: sweaters, tunics, drawstring trousers. • Special-size fashions: petites, large shoes. Accessories that coordinate with clothes: scarves, bags, belts. Cool and comfy: elegant, versatile linen Refer to the sizing jumper in coral, chart—usually on the order \$88, Lands' form-for accurate fit. End; linen/ Add on shipping, handling cotton blouse, \$28, JCPenney (and state tax if any) to catalog arrive at true cost. Beware of super-low prices; often quality is too! Kick up your heels—ankle-tie espadrilles are just \$24 from Clifford & Wills available in poppy, linen, navy and black 4/26/94 Family Circle 93

Cluster pots for impact: orange zinnias, yellow dahlias, red glob amaranth and iyory sedum

# oaracise in a pot

Brighten a deck, lawn, patio—anywhere you'd like a bit of color—with easy, pretty container gardens.

44 Family Circle



Cluster pots for impact: orange zinnias, yellow dahlias, red glob amaranth and

SAVE 34% ON FAMILY GROLE! PLACE STAMP HERE

### Family Circle's \$25,000.00 Cash Bonus Rules

No purchase necessary. To participate in the sweepstakes below, carefully follow all instructions printed in this offer. To be eligible for the random drawing participants must respond by the entry qualification date specified in the solicitation. Sweepstakes runs 11/1/93 - 4/30/96. One bonus prize will be awarded in a random drawing from all eligible entries received. Maximum distribution of sweepstakes estimated at 100,000,000. This promotion is sponsored by The New York Times Company, 229 West 43rd Street, NY, NY 10036. Sweepstakes open to legal residents of the United States and Canada to whom this offer is made available. Void in the Province of Quebec, Puerto Rico and wherever prohibited or restricted. All federal, state, provincial and local laws and regulations apply. Odds of winning are determined by the total number of entries received. For complete rules and/or winners list, send a SASE to NYTC Sweepstakes, P.O. Box 543, Gibbstown, NJ 08027. Indicate your specific request(s). Residents of WA & VT need not affix return postage.

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# Daracise in a pot

Brighten a deck, lawn, patio—anywhere you'd like a bit of color—with easy, pretty container gardens.

Family Circle



# storage

### **Make Room in Every Room**

Create a mini pantry for cans and jars with a small shuttered cabinet.

Stack two four-basket units to get eight bins for undies, soaps, beads, towels, curlers.

A tall green

irmoire has

loads of

Think each room is already full? Closets stuffed? Cupboards bulging? Don't give up! Check out these justright ideas for keeping clutter under control everywhere in the house.

1 A wall clock with drawers is perfect in the living room for stashing time-related items like airline tickets, train schedules, a list of birthdays. 2 This country-look painted chest with 14 dye-stained drawers in graduated sizes makes the job of filing away ribbons, linens, kitchen utensils easy. Tip: Look for an inexpensive multidrawer chest in unfinished pine, then paint or apply dye colors. 3 Finish your own decorative boxes (simply cover department-store boxes with checked fabric and tie with matching ribbon)-ideal for old letters and children's school papers you keep in bedroom or attic. 4 Sturdy French flower container is also a good place to stick umbrellas (even wet ones!)—nice for an entry. 5 You don't have to sew to reap the benefits of this green sewing table: Drawers slide out from front and sides and will hold all manner of items in the den. Tip: Even a room that seems full of furniture can often accommodate small pieces-try an end table against a wall or in an unused corner. 6 Transform hexagonal boxes into handsome accents for any room-just cut out pieces of print fabric or wall covering and glue on. 7 An entertainment unit does more than hide the TV. There's room inside for videos. games, books-all family-room

musts. Tip: Since

IN THE BEDROOM...

everything inside your armoire will be exposed during TV viewing, storage shelves need to be neat and organized. Rely on baskets and bins to contain the clutter. 8 You'll find a rustic basket particularly useful for items in frequent use; fill it as you straighten up, then store neatly inside cabinet. 9 Shaker-inspired boxes are practical most anywhere. Tip: Paint them in colors that go with your decor, or-if you're feeling really crafty—stencil or decoupage. 10 Cover a piece of old luggage with patterned fabric to create a decorative suitcase you can display-and use for storage-in any room. Tip: Wondering where to safely store kids' artwork and other memorabilia you'd like to save? A big old suitcase is perfect! Be sure to date items and mark with name and age of child. 11 Keep empty baskets available in the living room for catchalls. Unexpected guests? Pick up out-of-place items and stash them inside. 12 And a fireplace screen can camouflage more than an empty hearth; set one in front of disarray or objects you'd like to hide. Want more help? Use our chart on page 151 to keep track of stored household and personal items.

Photos: *Top.* Courtesy Ballard Designs; *middle*, Gary Denys: *bottom*, courtesy Eddie Bauer. Furniture: G. L. Sawyer, Elden, Timeless Design, Habersham Plantation, Lane. Accessories: Galileo, Ikea, Legacy, Hold Everything. TV by RCA. Buyer's Guide, page 127.

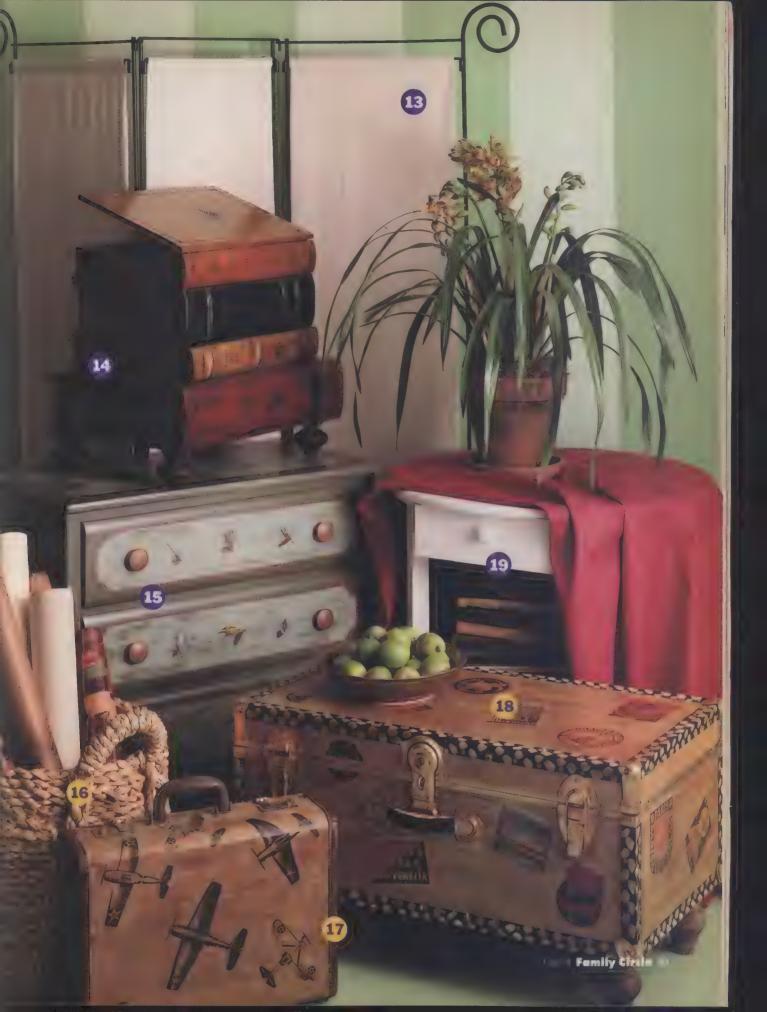


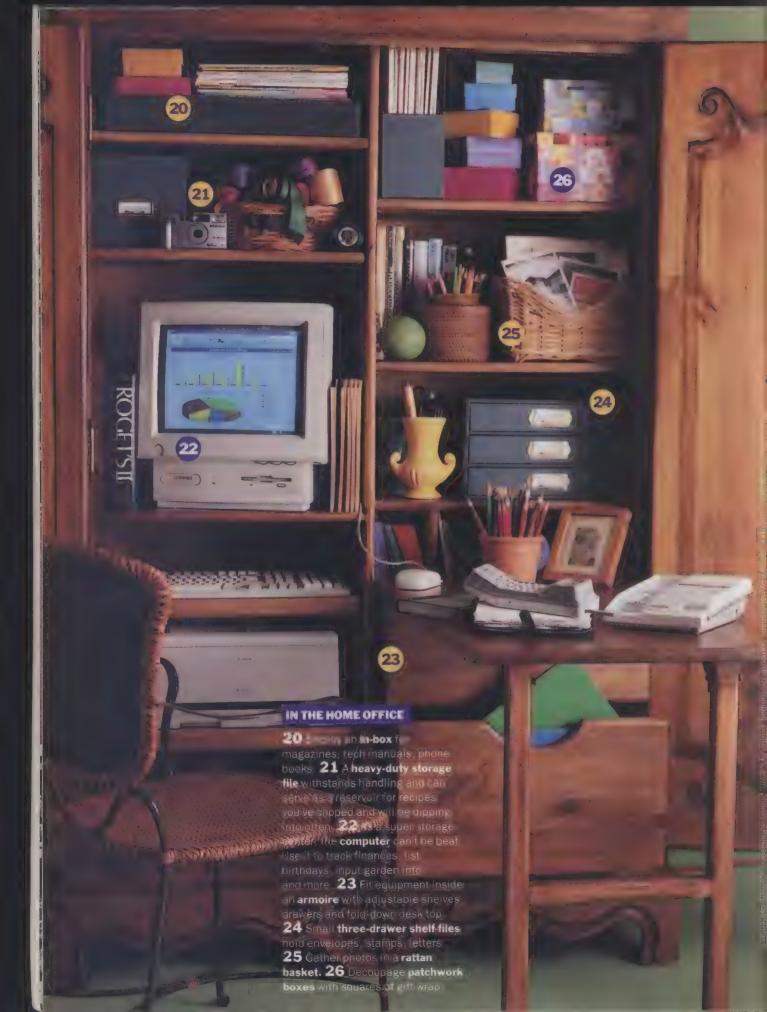


Scout rooms for hidden storage places—atop an armoire, under a bed or skirted table.

Even a seemingly crowded room can accommodate small chests or accessories-like baskets and boxes-and once clutter is banished, rooms appear bigger. 13 A tall folding screen lets you create a hidden room within a room. Behind it vou can work on a craft project or pay bills, then leave without putting anything away. 14 A decorative end table like this one does double duty-its library feel makes a nice accent in the family room. Open the top "book" to find a roomy interior for projects, yarn, whatever. 15 A hand-painted dresser is appealing and practical for dining room or bedroom—the capacious drawers hold plenty. 16 Handles on this rope basket turn it into a fetch-and-carry tote. Loaded with rolls of bright gift wrap or skeins of yarn, it adds a splash of color. Tip: Make it a point to look for bins and baskets with handles: portability gives you greater flexibility. 17 A vintage suitcase brings an air of adventure to a den while doing a great job of holding magazines or catalogs. 18 A steamer trunk provides an incredible amount of storage and-mounted on short wooden legs-it's just right as a livingroom coffee table. Tip: No trunks in your attic? Use a camp trunk and plaster it with old travel stickers. 19 Tuck a table in a corner of the bedroom and drape with a handsome cloth to create easy-access hidden storage.

Photos: This page—pet house, chest, soft ottoman, file chest by Gary Denys; armoire, courtesy Guildmaster; book ottoman, courtesy Levenger; china cabinet, courtesy Ikea. Opposite page: Alan Richardson. Furniture: Orbit, Sarried Ltd., Highland Trading Co., Minic Custom Woodwork Inc., Vagabond Vintage Furnishings, Camellia & Main. Fabric: Waverly.



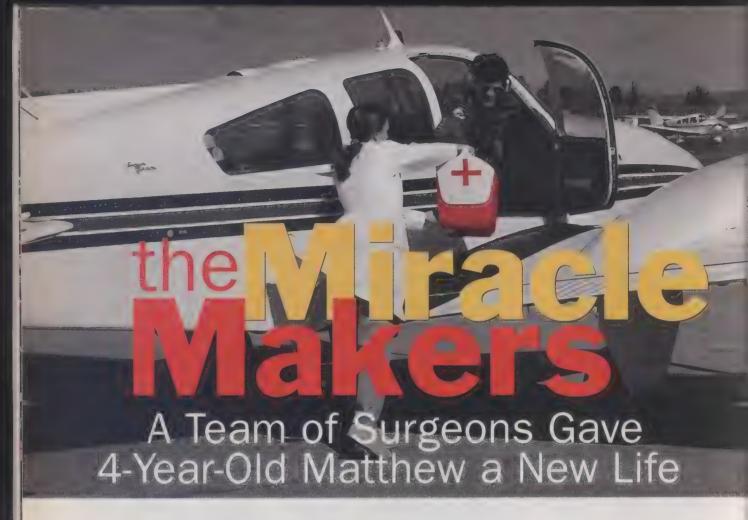




Control clutter in every room in the house with bins, caddies, crates, trays, pitchersany holdall!

How-to's Page 123

Open shelves make an appealing display case for all kinds of containers. Balance shapes and colors by grouping similar items together and arrange for an eyepleasing effect. As you see, this storage solution can enhance your decor too. 27 Try a tall pitcher to keep long-handled kitchen tools at hand. 28 A button collection or embroidery floss looks pretty in glass storage jars. 29 Recycle imported olive oil tins—use for twine, ribbons and such. 30 Paint hexagon boxes in acrylic stripes; add a tassel handle to each lid-use to stash napkins, gadgets, coupons. 31 This garden trug is useful in the kitchen too—fill with fruit or vegetables. 32 Mount easy-to-make scalloped shelves on a wall in any room. 33 A deep-sided slatted tray can take a stack of items. 34 A rattan basket—that ever-useful receptacle—may be pressed into service for anything from lemons to knitting yarn. 35 A center handle on this wood caddy makes it perfect for silverware and napkins-tote it along when you set the table.



### By Nima Isham

he voice on the phone shouted, "We've got a donor heart! How fast can you get here?" Fast. At Columbia-Presbyterian Hospital, Dr. Robert Frank, a cardiothoracic surgeon, was standing next to an ambulance, his picnic-style Igloo cooler and equipment cases by his side. When I got there, Dr. Frank was calmly eating two hot dogs (with everything), a bag of barbecue chips and an iced tea.

Left behind at Columbia-Presbyterian were a 6-month-old baby girl, pediatric cardiothoracic surgeon Dr. Jan Quaegebeur and his team, ready for transplant surgery. The baby's only chance was that a good heart would be found to swap for her bad one.

We hit the sirens and raced through rush-hour traffic from the northwest corner of Manhattan to its southeast edge in under 20 minutes.

At New York University Medical Center, in the pediatric operating room, was a beautiful baby boy, less than a month old. I could see his tiny chest pumping up and down, miniature monitors attached to his pulses, a small tube in his mouth. I looked questioningly at Dr. Frank. "He cannot feel anything," he said. "He really is dead."

"Are you sure?" I wanted to know.

"Everyone asks. There is no brain activity. We're sure."

The operating room bustled with activity. A surgical team from another hospital was there to harvest the liver for a child in Texas; nurses and interns were assisting and watching, all attention focused on a tiny, dead baby boy.

As Dr. Frank cut open the chest cavity and exposed the heart, silence fell. The news was not good. "The heart looks iffy," he said. "Tell them to wait with the girl. Give me a little time. Let's see if I can boost this heart."

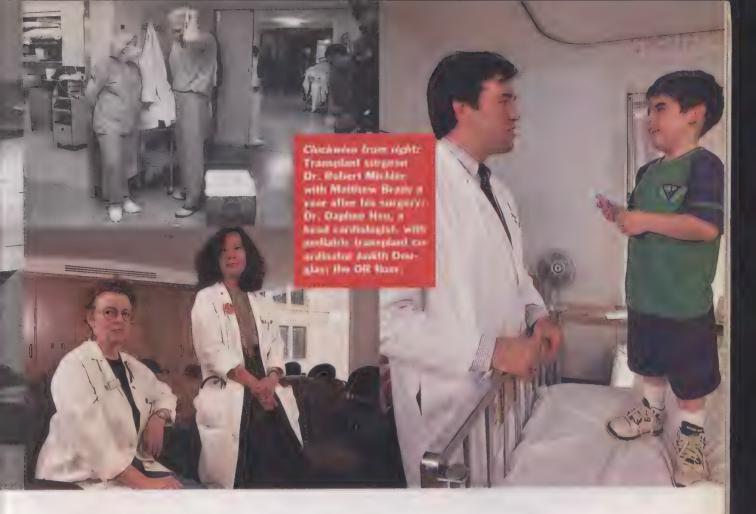
For the next half-hour, Dr. Frank directed the technicians to lower the dosage of this and raise the dosage of that. But nothing changed the status of the heart. "The heart is sluggish," he finally proclaimed. "It's a no-go."

The tragedy did not end there. Three weeks later, still waiting for a heart, the baby girl died.

Matthew Brady was luckier. This is his story:

In 1989, by appearances alone, Matthew Brady was n normal, active 4-year-old, but in his case, appearances were deceiving. At some time during that year, a cold virus had invaded his body. It didn't attack his head, nose and throat, like most common cold viruses; it came without announcing its presence and caused far more damage: It attacked Matthew's heart.

The first clue that something was very wrong came when Matthew was playing on a swing set and a seizure threw him to the ground. In the days that followed, escalating seizures left everyone in a panic. Initially, his local Connecticut doctors thought the cause was neurological,



but could not come up with a definite diagnosis. While Matthew's parents, Mark and Mary Lou, waited helplessly for news of a condition they could treat, their boy's condition worsened. Mary Lou grew desperate. "I was told I was just an overreactive mother," she recalls. She wasn't. She was a nurse, and she knew her son was very sick.

Finally, she picked him up and headed for the hospital in Hartford, Connecticut. Within 20 minutes she was informed by the resident physicians that her son had a serious heart problem. They also considered Lyme disease as a possible complication, and prescribed antibiotics. The drugs seemed to work-temporarily.

When the seizures returned, they went back to the hospital, where Matthew's heart failed. A pacemaker was installed to help his heart beat, while doctors monitored his arrhythmia, a result of the mysterious cold virus they had discovered in his heart. Now they were just trying to keep him going until his own immune system could destroy the virus. There was nothing else they could do. But Matthew's troubles were far from over. Although he continued playing and going to school, the virus lingered, quietly continuing to damage the heart. Ultimately, Matthew was diagnosed with severe cardiomyopathy, a deadly disease of the heart muscle. He stopped playing with his older brother, Joseph, and vounger sister, Rachel. He could hardly eat. He stopped growing.

In May of 1992, returning from a one-week vacation, Mark and Mary Lou walked into their home to be met with chaos. Mary Lou's mother, who had been taking care of the three Brady children, was in a panic. Matthew was swollen and discolored—he was extremely ill and rapidly deteriorating. "I never unpacked," recalls Mary Lou. "I walked in the door, picked up Matthew and walked out again. I went straight to the hospital and scarcely got back home again for six months."

There were 10 days of tests at Hartford Hospital, but it soon became apparent that Matthew's heart was giving out, and he would have to be transferred to Babies and Children's Hospital of New York at Columbia-Presbyterian Medical Center, a top pediatric cardiology center.

"We had to consent to a heart transplant or agree to let him go," says Mary Lou, recalling the pain of making that decision. "I wasn't sure about the quality of life he would have. I knew they could keep him alive but I didn't want just that—I wouldn't put him through that."

On the other hand, Mark Brady was desperate for the transplant. "I wanted to do everything possible to save my son. I was grabbing for every straw." The Brady parents argued and finally stopped speaking to each other altogether. Then gradually, Mary Lou came round. With her medical background, she began serious research, calling experts and doctors around the country. She met other heart-transplant children and their families and realized, "I had such preconceived ideas about the quality of life after an organ transplant." Finally, the parents agreed. "We knew that if we didn't try, we couldn't live with ourselves."

Matthew Brady was put on the waiting list. His heart was now functioning at less than (Continued on page 124)



The guests have arrived, dinner is ready and you look fabulous; not exactly a great time to scrub down the range.

Which is why Tappan created Scrub-Saver" ranges. We understand that drips, spills and splatters are a natural part of

## Tappan. Because There's Never A Good Time To Scrub A Range.

cooking, so we include easy-cleaning features to make sure your range always looks as impressive as it cooks.

Precision gas burners sealed into an upswept cooktop eliminate the cracks and crevices where messes can hide.

A molded control panel cleans with a simple wipe. And our extra large gas oven cleans itself.

Whether you prefer gas or electric, Tappan Scrub-Saver ranges make a cook's life easier, at a price that makes sense. Once you compare, you'll see why other ranges don't.

Tappan presents public television's "Look & Cook with Anne Willan". For your free copy of Look & Cook "Family Feasts" booklet and your nearest Tappan dealer, call **1-800-537-5530**.

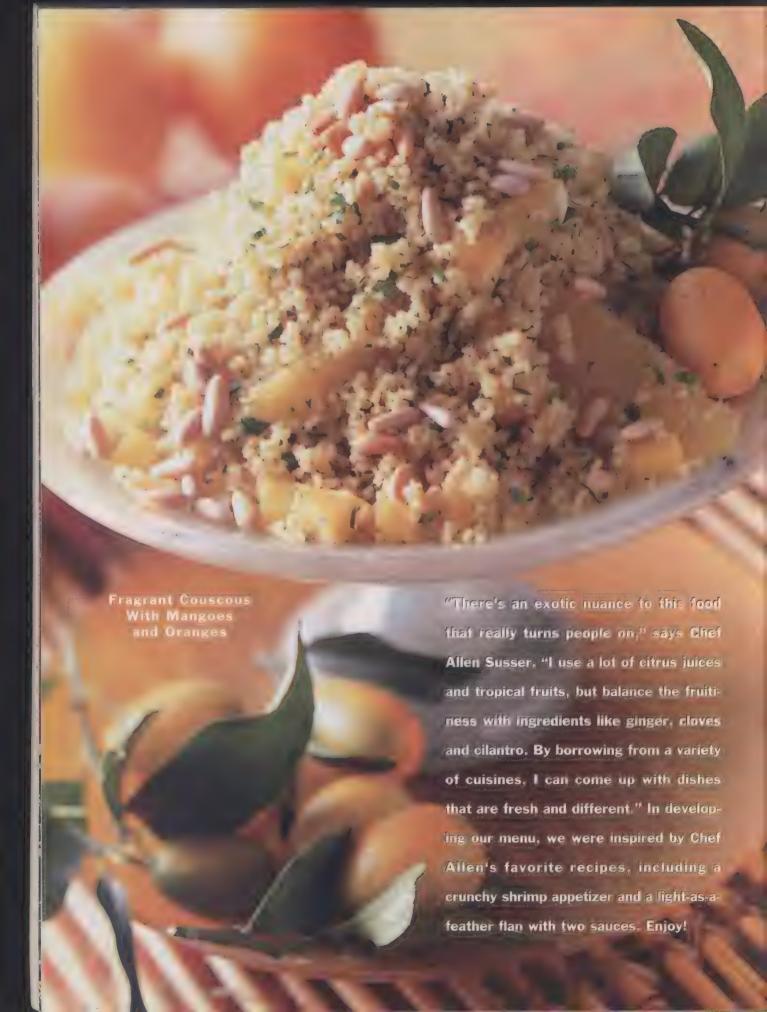


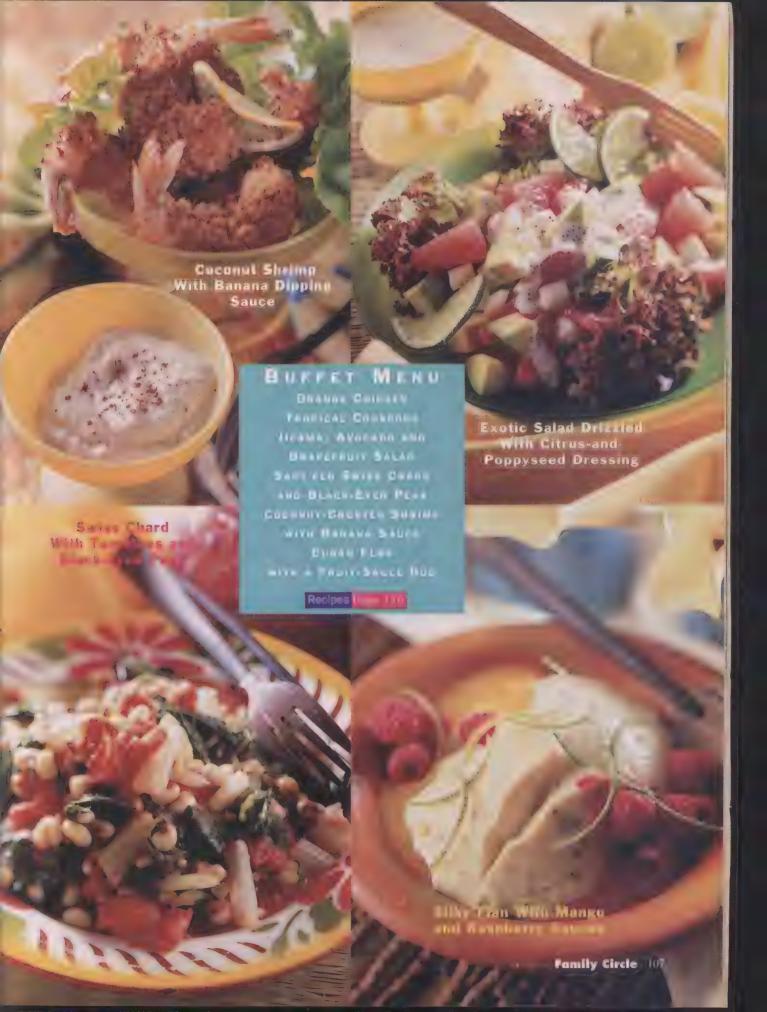
# FC Good Foo

givishleken With Orango Minhi

The fabulous chicken dish here, with its orange and fime laced sauce, and hits of capanine and gards, is a perfect sample of hat's being called "New World Cuishe." The trademark of Child Allen Suster of Miami, this flavour Florida for the mix of Curible or Latin and Askin table. Each to make but deficiently exists, it count he the maniferita la mai first alfresco dinner. Tum II anno la menu ideas

Family Circle 105





#### Meal prep is easy with these fastfix all-American favorites.

Sandwiches for dinner? Good idea! Even picky eaters will love 'em! Try New York's Reuben-corned beef on rye with sauerkraut, Russian dressing and melted Swiss cheese-or ham on corn biscuits, a traditional Southern treat. Our California Cobb features avocado and sprouts, and our Philly hit teams Cheddar and turkey. From New Orleans, it's vegetable muffaletta, a sweet peppers-squash-mozzarella trio.

Beatrice Cihak is a freelance food consultant.



#### Monday

New York Reuben Sandwich\* . Potato Salad Cookies and Grapes

#### **REUBEN SANDWICH**

Makes 4 servings at \$2.08 each. Prep: 10 minutes. Broil: 6 minutes.

Paul Zolenge and Steve Auerbach, owners of New York's Stage Deli, created a healthier version of their famous Reuben. To reduce sodium, substitute turkey for corned beef.

slices rve bread tablespoons spicy brown mustard

- 12 ounces sliced corned beef
- cup refrigerated sauerkraut, drained, rinsed, drained again
- tablespoons low-fat Russian
- slices (1 ounce each) low-fat Swiss cheese

Spread bread with mustard; top with beef, sauerkraut, dressing, cheese. Place on baking sheet, Broil 6 inches from heat 6 minutes or until cheese melts. Or broil in toaster oven.

Nutrient Value Per Serving: 364 calories, 26 g protein, 20 g fat, 20 g carbohydrate, 1,891 mg sodium, 95 mg cholesterol.

Exchanges: 1 starch/bread, 2 meat, 1/8 fruit, 1/2 vegetable, 1/5 fat.

#### SOUTHERN HAM ON CORN **BISCUITS**

Makes 4 servings at \$1.97 each. Prep: 10 minutes.

For a lower-sodium version, substitute sliced turkey breast for the ham.

- Corn Biscuits (recipe follows)
- tablespoons mustardmayonnaise
- tomatoes, thinly sliced 12 ounces sliced lower-salt ham
  - cup corn relish

Halve biscuits. Sandwich with mayonnaise, tomato, ham and relish.

Nutrient Value Per Serving: 510 calories, 24 g protein, 23 g fat, 52 g carbohydrate, 1,466 mg sodium, 53 mg cholesterol. Exchanges: 21/3 starch/bread,

31/3 meat, 1/8 milk, 1/2 vegetable, 3 fat.

#### **CORN BISCUITS**

Makes 5 large biscuits for \$1.19. Prep: 10 minutes. Bake: at 425° for 16 minutes.

- cups all-purpose flour
- cup yellow cornmeal
- 2½ teaspoons baking powder
- teaspoon each salt and dry
- cup shredded extra-sharp Cheddar cheese (2 ounces)
- cup solid vegetable shortening
- cup skim milk
- 1. Preheat oven to 425°. Coat baking



Southern Ham on Corn Biscuin Three-Bean Salad Pudding and Bananas

sheet with nonstick cooking spray.

- 2. Combine flour, cornmeal, baking powder, salt, mustard, cheese. Cut in shortening with pastry blender to resemble coarse meal. Add milk; stir just to form dough. On floured board, knead 6 times. Pat out to 1/2-inch thickness. Cut with 4-inch biscuit cutter. Place on prepared sheet.
- 3. Bake 16 minutes until browned.

Nutrient Value Per Biscuit: 339 calories, 9 g protein, 17 g fat, 38 g carbohydrate, 468 mg sodium, 13 mg cholesterol. Exchanges: 2 starch/bread, 1/3 meat, 1/8 milk, 3 fat.

#### **CALIFORNIA COBB SANDWICH**

Makes 4 servings at \$2.75 each. Prep: 15 minutes.

- slices multigrain bread, toasted
- cup Gorgonzola Spread (recipe, page 110)
- tomatoes, thinly sliced
- pound sliced cooked chicken\*\* cup stemmed watercress
- medium to large avocado
  - cup alfalfa sprouts (recipe continues on page 110)

## Fajitas of Santa Fe.

Put soft mariachi music on stereo. Curl up in an Indian blanket and take a little siesta before starting dinner. After all, you deserve it.

1 pound boneless, skinless chicken breasts
4 slices red onion, cut ¼" thick

2 T. each olive oil & lime juice

2 lg. bell peppers, halved 2 cloves garlic, minced

¾ c. salsa

8 (7-in.) flour tortillas, heated

1c. Sargento®

Fancy Supreme

Shredded Mild Cheddar

Combine chicken, onion, oil, lime juice, peppers, garlic & salsa

in sealed plastic bag. Marinate in

refrigerator 2-24 hrs. Meanwhile,

fashion a centerpiece of pueblo pottery while snacking on blue corn chips and

green chile salsa. Grill or

broil chicken & veg-

etables 4-5 in. from

heat 5-8 min. per side

while bringing marinade to a

boil. Cut chicken & vegetables into

thin strips. Divide among tortillas and drizzle with marinade. Sprinkle with the fresh, natural

goodness of Sargento Cheddar Cheese. Roll up.

(4 servings) Garnish with cilantro and accept

profuse compliments with a gracious "gracias."



Sargento of Wisconsin.

#### What's for Dinner?

#### From page 108

Cover one side of toasts with spread. Overlap tomato on 4 toasts. Top with chicken, bread slice (spread-side up) and cress. Halve avocado; pit; peel. Cut each half into 6 wedges. Place on each sandwich. Top with sprouts.

\*\*Note: Bake 2 chicken breasts on bone (about 12 ounces each) at 375°, 45 minutes or until no longer pink near bone. Remove bones, skin.

**Gorgonzola Spread:** Mash 2 ounces Gorgonzola cheese until smooth. Stir in ½ cup nonfat sour cream, 2 teaspoons vinegar, ½ teaspoon salt, pinch black pepper.

Makes about 1 cup.

Nutrient Value Per Serving: 484 calories, 48 g protein, 36 g carbohydrate, 17 g fat, 883 mg sodium, 109 mg cholesterol. Exchanges: 1½ starch/bread, 3¾ meat, ¼ milk, ⅓ fruit, ½ vegetable, 2⅓ fat.



#### Wednesday

California Cobb Sandwich\*
Grapes and Peaches • Poundcake
and Frozen Yogurt

........

#### PHILLY CHEESE-TURKEY SANDWICH

Makes 4 servings at \$1.63 each. **Prep:** 10 minutes.

Cook: 18 minutes.

We've "lightened" this favorite by substituting sliced turkey breast for the beef steak.

- 2 sweet green peppers, sliced2 medium-size onions, sliced
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 thin turkey breast cutlets (about 12 ounces)
- 3 ounces reduced-fat Cheddar cheese, shredded
- 4 hero rolls, halved horizontally
- **1.** Stir-fry green pepper and onion in oil in large nonstick skillet until crisptender, 12 minutes. Sprinkle with salt and pepper. Remove and reserve.
- 2. Brown turkey on both sides in skillet, 3 minutes. Divide vegetable mixture over cutlets. Top with cheese. Cover; cook 2 minutes over low heat or just until the cheese is melted. Sandwich the cutlets with the topping in the rolls.

Nutrient Value Per Serving: 635 calories, 37 g protein, 18 g fat, 80 g carbohydrate, 1,004 mg sodium, 66 mg cholesterol.

Exchanges: 5 starch/bread, 3¾ meat, ¾ vegetable, ¾ fat.





Makes 4 servings at \$1.53 each.

Prep: 20 minutes.

Bake: at 350° for 10 minutes.

2 sweet green peppers

1 sweet red pepper

#### **Thursday**

Philly Cheese-Turkey Sandwich\*
Coleslau • Tomato Wedges
Grapes and Vanilla Yogurt



1 large onion

2 cloves garlic, finely chopped

tablespoon vegetable oil

1 yellow squash (10 ounces)

1/4 pound mushrooms

34 teaspoon dried thyme

½ teaspoon salt

16 teaspoon pepper

2 tablespoons red-wine vinegar

4 Kaiser rolls

4 ounces shredded part-skimmilk mozzarella cheese

1. Cut peppers in strips, onion in thin slivers, and cook with garlic in oil in nonstick skillet, partially covered, until tender, 12 minutes.

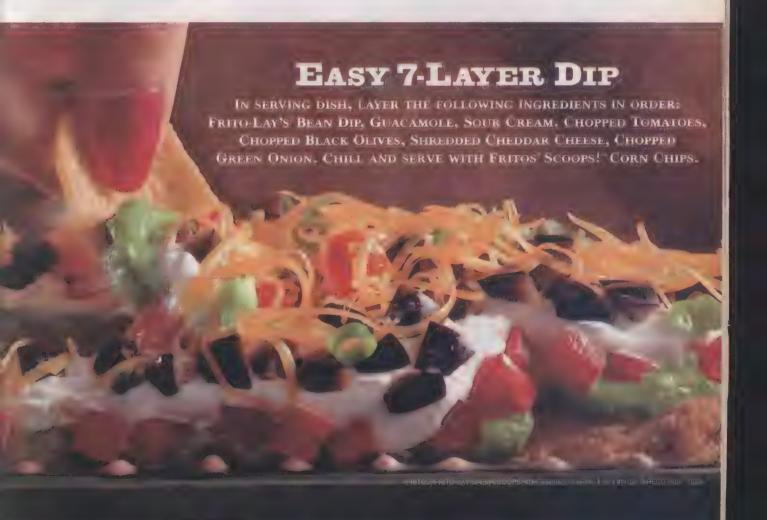
2. Cut squash into sticks. Slice mushrooms. Add to skillet. Add thyme, salt and pepper. Sauté until squash is barely tender. Increase heat to high. Add vinegar; cook until liquid is evaporated, 1 to 2 minutes. Remove from heat.

**3.** Halve rolls horizontally. Scoop out most of soft portion in center. Stir cheese into skillet. Divide filling among rolls. Cover with top. Wrap in foil.

**4.** Bake in preheated 350° oven 10 minutes. Remove foil and serve warm.

New Orleans Vegeta: Muffaletta\*
Salami Cones • Cherry Tomatoes
Rice Pudding

Nutrient Value Per Serving: 217 calories, 11 g protein, 9 g fat, 24 g carbohydrate, 526 mg sodium, 16 mg cholesterol. Exchanges: ¾ starch/bread, 1 meat, 2 vegetable, 1 fat.



## New Con On Pretzels



- tube (11 ounces) soft
   breadstick dough
  Filling: peanut butter,
   shredded cheese OR chopped
   dried fruit mix
- 1/4 cup apple jelly, melted Topping: poppy and sesame seeds, nuts, toasted coconut, chopped dried fruit
- **1.** Preheat oven to 350°. Grease baking sheet.
- 2. Unravel 2 strips of dough and flatten each to ½-inch width. Spread 1 teaspoon filling down center of 1 strip. Top with second strip. Pinch edges to seal. Shape. Place on the prepared baking sheet. Repeat with remaining strips.
- **3.** Bake for 15 minutes, until lightly browned. Place on rack to cool. Brush with jelly; decorate with topping. Makes 4 pretzels.

## Mid Trips

Start by cooking with your kids; don't permit children to go it alone until you know they can do it safely. 1. Post near the phone a list of emergency numbers: local fire department, police. poison control center, family doctor and close-by relative or neighbor. 2. Keep a first-aid kit in the kitchen and show kids how to use it. 3. Tell children to treat a minor burn by holding it under cold water. 4. Emphasize that hands and cooking utensils must be clean, 5. Keep flameproof oven mitts next to the stove.

6. Instruct kids to turn
off the oven or burners as soon as
cooking is
finished

Even the Little Leaguers in your family may be enticed to try their hand at baking these tasty munchables! Thanks to refrigerator breadstick dough, it's easy—and fun. Kids unwind the strips, fill with peanut butter, cheese, dried fruits, pinch into snakes and silly squiggles—bake 15 minutes...and gobble in 5!

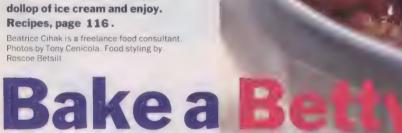


## Cook 1 2 3

A crispy, crunchy topping crowning a luscious fruit filling—that's a Betty—and it's very easy to make. We've come up with several different combinations: prunes and pineapple, strawberries and rhubarb, peaches and blueberries, and cranberries and pears (right). We also have everyone's favorite. Apple Betty, but we do it with both fresh and dried apples. Five kinds of toppings give you even more variety—take your pick of crumbly combos made from graham crackers, oatmeal, zwieback or cinnamon-raisin bread, tossed with brown sugar, cinnamon and butter. They're all delicious and taste great on any of our fillings-just mix and match to taste, top with a dollop of ice cream and enjoy. Recipes, page 116.

Beatrice Cihak is m freelance food consultant. Photos by Tony Cenicola. Food styling by

By Beatrice Cihak



Easier-than-pie fruity dessert







1. In saucepan, combine one package (12 ounces) fresh or frozen cranberries with ½ cup granulated sugar and ½ cup orange juice. Cook over medium heat, stirring constantly until berries start to pop. Remove from stove. Peel, core and dice 3 ripe medium-size pears; stir into mixture in saucepan. 2. Cut 6 slices of white bread into cubes. Place in small bowl with 1/4 cup firmly packed light-brown sugar and

1/2 teaspoon cinnamon. Stir in 3 tablespoons unsalted melted butter and toss to coat cubes evenly. 3. Pour half the fruit mixture into a 11/2-quart baking dish; cover with half the bread cube mixture. Repeat layers once more. Cover with lid or aluminum foil, and bake at 375° for 20 minutes. Uncover and bake 15 minutes or until pears are tender and topping is crisp and browned. Serve warm or at room temperature.



#### Fagle® Brand Cherry Cheese Pie

(Prep Time: 15 Minutes)

Count on Eagle Brand Sweetened Condensed Milk for cherry cheese pie that's simply irresistible. Because Eagle Brand classic desserts are always quick, easy and absolutely delicious.

- 1 (9-in.) graham cracker crumb crust or baked pastry shell
- 1 (8-oz.) package cream cheese, softened
  - 1 (14-oz.) can Eagle\* Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1/3 cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 (21-oz.) can cherry pie filling, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in Real emon\* brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with cherry pie filling before serving. Refrigerate leftovers. (Makes one 9-inch pie.)

HORDEN

## G000 F000 cook 1, 2, 3 From page 114

Daily Nutrition Count, page 160

#### **CRANBERRY-PEAR BETTY**

Makes 6 servings at 65¢ each. Prep: 10 minutes. Bake: at 375° for 35 minutes

- package (12 ounces) fresh or frozen cranberries
- cup granulated sugar
- cup orange juice
- 3 medium-size pears, peeled, cored and diced
- slices white bread, cut into small cubes (3 cups)
- cup packed light-brown sugar
- teaspoon ground cinnamon
- tablespoons butter, melted
- 1. Preheat oven to 375°. Combine cranberries, granulated sugar and orange juice in saucepan. Cook over medium heat, stirring constantly, until berries start to pop. Remove from stove; stir in pears.
- 2. Combine bread, brown sugar and cinnamon in bowl. Stir in butter.
- 3. Pour half of fruit into 11/2-quart baking dish: cover with half of bread mixture. Repeat the layering. Cover. Bake 20 minutes. Uncover, and bake 15 minutes more.

Nutrient Value Per Serving: 301 calories, 3 € protein, 7 g fat, 59 g carbohydrate, 205 mg sodium, 16 mg cholesterol. Exchanges: 1 starch/bread, 3 fruit,

#### **PRUNE-PINEAPPLE BETTY**

Makes 6 servings at 63¢ each. Prep: 10 minutes. Bake: at 375° for 30 minutes.

- can (20 ounces) pineapple chunks, in juice
- cup pitted prunes (about 7 ounces), halved
- tablespoons granulated sugar
- teaspoon ground cloves
- 12 slices zwieback (half 6-ounce package)
- cup packed light-brown sugar
- cup (1/2 stick) butter
- teaspoon ground cinnamon
- cup shredded coconut
- 1. Preheat oven to 375°. Combine pineapple with its juice, prunes, sugar and cloves in bowl.
- 2. Combine zwieback, sugar, butter and cinnamon in food processor. Whirl until crumbly. Add coconut. Pulse just to mix.
- 3. Spoon half of fruit mixture into

11/2-quart baking dish. Cover with half of crumb mixture. Repeat the layering, Cover. Bake 20 minutes. Uncover. Bake 10 minutes more.

Nutrient Value Per Serving: 340 calories, 4 € protein, 13 g fat, 57 g carbohydrate, 51 mg sodium, 23 mg cholesterol. Exchanges: 1/2 starch/bread, 3 fruit,

#### STRAWBERRY-RHUBARB

Makes 6 servings at 68¢ each. Prep: 20 minutes. Bake: at 375° for 30 minutes.

- cup granulated sugar
- tablespoon cornstarch
- package (20 ounces) frozen rhubarb
- 21/4 cups frozen dry-pack strawberries, thawed (half 20-ounce package)
- slices bread, cut into small cubes (11/2 cups)
- cup graham cracker crumbs
- cup packed light-brown sugar
- teaspoon ground cinnamon
- tablespoons butter, melted 1. Preheat oven to 375°. Combine granulated sugar and cornstarch in
- saucepan. Add rhubarb. Cook over medium heat, stirring constantly, until thickened and bubbly. Remove from heat. Stir in strawberries.
- 2. Combine bread, cracker crumbs, brown sugar and cinnamon in small bowl. Stir in butter.
- 3. Spoon half of fruit mixture into 11/2-quart baking dish. Cover with half of bread mixture. Repeat the layering. Cover, Bake 20 minutes, Uncover, Bake 10 minutes more.

Nutrient Value Per Serving: 304 calories, 3 g protein, 8 g fat, 57 g carbohydrate, 171 mg sodium, 16 mg cholesterol. Exchanges: 11/3 starch/bread, 31/2 fruit, 11/2 fat.

#### PEACH-BLUEBERRY BETTY

Makes 6 servings at 85¢ each. Prep: 20 minutes. Bake: at 375° for

- can (16 ounces) sliced cling peaches, in syrup
- tablespoons granulated sugar 3
- teaspoons cornstarch
- package (20 ounces) frozen dry-pack blueberries
- teaspoon grated lemon zest

- teaspoons lemon juice
- slices white bread, cut into 3 small cubes (11/2 cups)
- cup quick-cooking oatmeal 3 tablespoons packed light-brown
- teaspoon ground cinnamon
- 3 tablespoons butter, melted
- 1. Preheat oven to 375°. Drain peaches, reserving syrup. Combine granulated sugar and cornstarch in saucepan. Mix in syrup. Add blueberries. Cook over medium heat, stirring, until thickened and bubbly. Stir in lemon zest, juice and peaches.
- 2. Combine bread, oatmeal, brown sugar and cinnamon in small bowl. Stir in butter.
- 3. Spoon half of fruit into 11/2-quart baking dish. Top with half of oatmeal mixture. Repeat layering. Cover. Bake 20 minutes. Uncover. Bake 10 minutes more.

Nutrient Value Per Serving: 343 calories, 7 g protein, 9 g fat, 63 g carbohydrate, 85 mg sodium, 16 mg cholesterol. Exchanges: 11/2 starch/bread, 2½ fruit, 1½ fat.

#### **APPLE BETTY**

Makes 6 servings at 72¢ each. Prep: 10 minutes. Bake: at 375° for 60 minutes.

- pounds Golden Delicious apples
- 1 tablespoon lemon juice
- cup packed light-brown sugar
- cup chopped dried apples
- cup pecans, chopped
- slices cinnamon-raisin bread, cut in small cubes (3 cups)
- 3 tablespoons butter, melted
- cup water
- 1. Preheat oven to 375°. Peel, core and thinly slice apples. Toss with lemon juice in a bowl. Mix in 1/4 cup sugar, dried apples and pecans.
- 2. Combine bread and remaining sugar in bowl. Stir in butter.
- 3. Spoon half of apple mixture into 11/2-quart baking dish. Top with half of bread mixture. Pour water over all. Repeat the layering. Cover. Bake 45 minutes. Uncover; bake 15 minutes.

Nutrient Value Per Serving: 283 calories, 3 g protein, 11 g fat, 48 g carbohydrate, 107 mg sodium, 16 mg cholesterol. Exchanges: 1 starch/bread, 2 fruit,

### Penne d'Allessandria MADE BETTER BY BERTOLLI.





FREE RECIPE BOOK!
To get your Bertolli Olive Oil Handbook containing 25 deliclous recipes and money-saving coupons, send \$1.25, check or money order, for postage and handling to: Bertolli Nutrition Center, P.O. Box 2399 Secaucus, NJ 07096-2399.

only Bertolli, Italy's best-selling, best-loved olive oil, could bring out the true, subtle flavors of such delicious foods as this. Olive Oil has No Cholesterol.

And Bertolli not only makes foods better, it's better for you, as olive oil is naturally cholesterol free.

Of course foods like this are appreciated not only in Italy, where Bertolli has been made for over 125 years, but here, where families like yours have made it the best-loved olive oil in America today.

#### Penne d'Allessandria

6 red bell peppers, quartered, seeds and stems

- 6 Tbsp. Bertolli Extra Virgin Olive Oil Salt and freshly ground black pepper
- 1 lb. large white mushrooms, sliced 1/2 cup packed Italian parsley leaves 1 Tosp. fresh oregano leaves
- 1 Tosp. fresh thyme leaves, stripped from stems 2 garlic cloves, coarsely chopped 1 lb. Italian sausage, sliced (removed from
- 1 lb penne or other tubular pasta shape 1/4 cup reserved pasta cooking liquid Grated Parmigiano-Reggiano, to taste

1. Heat oven to 450°F. Cut pepper quarters into 1/2" thick diagonal pieces. Place in 13x9'

1. Head over 10 400°F. Cut pepper quarrers into 1/2 mick aloggond pieces. Place in 13x9 bolking dish. Dirzzle with 3 Tosp of olive ali, salt, pepper to taste. Balke until peppers are charred on edges and tender, stirring occasionally, 30-40 min. Remove from oven.

2. Finely chop parisley, oregano, thyme, garlic together, set aside. Heat 3 Tosp, of oil in large non-stick skillet. Add musthrooms, cook, stirring, over medium high heat until musthrooms are tender and golden brown. Add chopped herb and garlic mixture; saute, stirring, 2 min. Sprinkle with

salt, pepper, transfer to side dish. Wipe out skillet.

3. Place sausage into skillet, cook, stirring, over medium high heat, until sausage is browned.

Transfer to strainer, drain. To baking dish with roasted peppers, add mushroom mixture and

sausage. Cover with foil. Keep warm in oven, set at lowest temperature

4. Boil large pot of water. Stir in penne, salt, to taste. Cook, stirring frequently, over high heat, until pasta is tender. Ladle out 1/4 cup pasta cooking liquid, reserve. Drain pasta.

5. In large deep platter combine pasta, red pepper, mushroom and sausage mixture. Stir to

combine. Add pasta cooking liquid to moisten pasta. Sprinkle with cheese. Serves 4.

## IF YOU WANT IT TO BE BETTER, IT BETTER BE BERTOLLI.



## GOOD TASTE OF THE TROPICS

Daily Nutrition Count, page 160

#### **SWEET POTATO SPREAD** WITH GINGER CROSTADA

Makes 12 servings 19¢ each. Prep: 20 minutes. Cook: 25 minutes. Bake: at 350° for 10 minutes.

- small sweet potato (8 ounces)
- turnip (4 ounces)
- 1 small onion, quartered
- tablespoon brown sugar
- 1 teaspoon balsamic vinegar
- teaspoon salt
- teaspoon ground cumin **Ginger Crostada:**
- tablespoons unsalted butter
- tablespoon olive oil
- 2 cloves garlic, minced
- teaspoon grated fresh ginger
- 2 pinches ground hot red pepper
- loaf (12 ounces) French bread Chopped fresh parsley
- 1. Peel potato and turnip. Cut in 1-inch pieces. Add to saucepan with onion and water to cover. Simmer until tender, 15 minutes. Drain, then puree with sugar, vinegar, salt and cumin in processor. Scrape into bowl.
- 2. Prepare crostada: Heat butter, oil. garlic, ginger and red pepper in small saucepan until butter is melted; cook over low heat for 2 minutes.
- 3. Preheat oven to 350°. Halve bread lengthwise. Brush cut sides with butter mixture. Cut bread diagonally into 2-inch pieces. Place, cut side up, on baking sheet. Bake 10 minutes until golden. Garnish spread with parsley. Serve with warm crostada.

Nutrient Value Per Serving: 132 calories, 3 g protein, 4 g fat, 21 g carbohydrate, 271 mg sodium, 5 mg cholesterol. Exchanges: 1 starch/bread. 1/2 vegetable, 3/4 fat.

#### **CHICKEN WITH ORANGE** MOJO

Makes 8 servings at \$1.03 each. Prep: 10 minutes. Cook: 25 minutes.

Mojo is a combination of citrus juices, olive oil, herbs and spices.

- tablespoons olive oil
- onion, cut in slivers
- cloves garlic, finely chopped
- cup orange juice
- tablespoons lime juice 1 envelope instant low-salt
- chicken broth powder teaspoon salt Pinch ground hot red pepper

- and-white-striped salad plate, see Buyer's Guide, page
  - pounds boneless, skinned chicken breast halves teaspoon cornstarch
  - tablespoons chopped parsley
  - 1. Heat tablespoon oil in large nonstick skillet. Add onion and garlic; sauté 5 minutes until slightly softened. Remove from heat.
  - 2. Reserve 2 tablespoons orange juice. Combine remaining orange juice, lime juice, chicken broth powder, salt and red pepper in bowl. Add onion mixture.
  - 3. Brown chicken in same skillet in remaining oil over medium heat. Add juice mixture to skillet. Simmer. covered, 10 minutes until tender. Remove chicken to serving platter.
  - 4. Combine cornstarch and reserved orange juice in small cup. Stir into skillet; cook, stirring, until thickened, 2 minutes. Spoon over chicken. Sprinkle with parsley

Nutrient Value Per Serving: 175 calories, 27 g protein, 5 g fat, 5 g carbohydrate, 209 mg sodium, 66 mg cholesterol. Exchanges: 3 meat, \( \frac{1}{5} \) fruit, ½ vegetable, ¾ fat.

#### **TROPICAL COUSCOUS**

Makes 8 servings at 82¢ each. Prep: 20 minutes.

21/4 cups orange juice

- teaspoon ground cumin box (10 ounces) couscous
- tablespoons olive oil
- tablespoons reduced-sodium soy sauce
- tablespoons lime juice cup chopped fresh cilantro
- 2 tablespoons chopped fresh basil OR: 1 teaspoon dried 2
- tablespoons snipped chives teaspoon grated fresh ginger 1 mango, peeled, pitted, chopped
- orange, peeled, in segments cup toasted pine nuts

Bring to boiling juice and cumin in saucepan. Add couscous; cover. Off heat, let stand 5 minutes. Remove to large bowl. Let cool. Combine oil, soy, lime juice. Stir into couscous. Stir in cilantro, basil, chives, ginger, mango, orange. Sprinkle with nuts.

Nutrient Value Per Serving: 178 calories, 5 g protein, 7 g fat, 26 g carbohydrate, 102 mg sodium, 0 mg cholesterol. Exchanges: 3/4 starch/bread, 1 fruit, 11/2 fat.

(Recipes continue on page 121)

Now thurs a salea win EZA Tremely

big chunks a IIIII ape vegetables

and an Extra-1765 haste

me newest way to E perience





New Garden Style Salso











#### **SCALLOPED SHELVES**

You need: for each—1" x 10" x 5' pine (shelf); 1" x 4" x 5' pine (scallops); compass; saber saw; sandpaper; masking tape; wood glue; brads; paint; brackets.

Prepping shelf: To square off ends of 1" x 10" mark right angle with a

**Prepping shelt:** To square off ends of 1" x 10", mark right angle with a carpenter's square; trim.

**Making scallops: Template** 

Set compass to a 3" radius. On a piece of cardboard, draw a 6" circle; cut in half to get a 6" half-circle template. On 1" x 4" pine, place straight edge of template along one edge of pine; trace 10 half-circles (scallops), moving the template along the edge of pine as you go; cut out with saber saw, then sand the round edges smooth.

Attaching scalloped trim: Tape scallop trim to one edge (front) of shelf board, ends aligned, straight edge of trim flush with top of shelf. Glue/nail pieces together.

**Painting:** Brush on a coat of paint. Let dry; sand edges lightly to create an antique look.

**Mounting:** Fasten brackets to studs in wall: attach shelf.

#### **DECOUPAGE BOXES**

You need: cardboard storage boxes; glossy photo pages from magazines; ruler; removable Scotch tape; Mod Podge. Designs/Squares: Each box

Choose a theme (such as flowers, animals, landscape) and a color scheme. Scan magazines; clip photos. Cut photos precisely in  $1\frac{1}{4}$ " squares, centering motifs.

For both boxes: Arrange squares and attach (temporarily) with tape (see individual directions, below). When pleased with design, unstick one square at a time, remove tape and adhere with Mod Podge. When design is complete, brush on Mod Podge to protect surface.

Blue/green box: Box sides Arrange paper squares side by side in even rows. Lid lip Fit each square flush with bottom edge of lip, slightly overlapping top of lid. Lid top Arrange squares on lid, repeating pattern on box sides.

Pink/orange box: Box sides
Arrange squares in horizontal rows,

Arrange squares in horizontal rows, lining up every other row like courses of masonry. **Lid lip** Fit squares flush with edge of lip and overlapping lid. **Lid top** Arrange squares, repeating pattern on box sides.

#### **PAINTED PINWHEEL BOXES**

You need: hexagonal boxes; ruler; acrylic paint in two colors; purchased tassel; awl.

Lid top—planning spoke design:
Step 1 With ruler and pencil draw a
line across top, connecting two
opposite corners. Next, draw a
second line connecting two opposite
corners (where lines intersect marks
center of lid). Step 2 Mark off edges
of each of the six sides of lid in four
equal parts. Step 3 Lay ruler on top
of lid, aligning it along three points:
(1) pencil mark at left of one point,
(2) center point of lid, and (3) pencil

(2) center point of lid, and (3) pencil mark at right of the opposite point; draw line. Repeat around lid.

Marking lid lip and sides of box: Place lid on box. Continue lines (starting from spoke marks on lid top) straight down lid lip and sides of box. Remove lid; complete lines on box.

**Painting: Lid** Refer to photo; fill in alternating colors for pinwheel. Paint stripes on lid lip and box sides.

**Tassel:** Poke a hole in center of lid; push hanging loop of tassel through hole; tape loop inside lid.







20 percent capability; the left ventricle was virtually destroyed, and the pressure in the left atrium was so high it caused a backup into Matthew's lungs.

Once a child is placed on the waiting list, normal life grinds to a halt. The patient, the parents, the family, the doctors are prepared for imminent surgery. As Linda J. Addonizio, M.D., medical director of the pediatric heart transplant program at Babies Hospital, puts it, "There's nothing good about the wait. It's a constant anxiety—are we going to make it?"

Tears well up in Mary Lou's eyes. "The hardest part was waiting for another child to die. Those parents are the bravest ones. What an unselfish thing to do." The doctors tried to ease the pain, she explains, by "focusing on the wonderful gift this family has given," and by telling her that "the donor's

death has nothing to do with you—you could not have prevented it."

Luckily for the Bradys, their wait was a short one, and Matthew got a new heart. "I came out of the operating room remarkably surprised as to how well he was doing," recalls Robert E. Michler, M.D., director of the cardiac transplant service, who performed the surgery. Dr. Addonizio also felt good at this point: "At least now we stood a chance. We made it to this point, and now we got to start all over again."

Dr. Addonizio and her teammate, Daphne Hsu, M.D., are the head cardiologists, "the ones who call the shots and keep everything going," according to the Bradys. They are a formidable team of women experts; charming, concerned and diligent, they work closely with Judith Douglas, R.N., the pediatric transplant coordinator, and a

#### THE GIFT OF LIFE

There is a long list of adults and children waiting for organs.
According to UNOS (United Network for Organ Sharing), more than 33,500 individuals need transplants. Of those, over 2,800 are waiting for hearts. In 1993, 2,291 heart transplants were done; more than 80% of recipients do well.

The country is divided into regions, and when an organ becomes available it is first offered locally, then regionally, matched according to blood type, body size, weight and medical urgency. If there is no potential recipient within that area, the organ is offered nationally, via computer, to others on the list who are classified as a Status I, which includes babies under 6 months and those requiring intensive care in the hospital.

Today, 116 children under 18 are waiting for a heart; in 1993, 12 percent died waiting. There are hundreds of potential donors who could give this gift of life to others, and the Organ Procurement Organization (OPO) has coordinators assigned to every hospital, trained to approach bereaved families and explain and ask about organ donation. Still, only about 15% of those who could donate actually do so.

"We're all organ donors," reasons Eric Rose, M.D., chief of the cardiothoracic surgery service at Columbia-Presbyterian. "It's just a matter of whether we donate to the bacteria in the ground or to our fellow man." According to Judy Douglas, a transplant coordinator at Columbia-Presbyterian, "People must become aware that donation is an option . . . before the grief."

And it's hard for a parent to admit that a child is gone. The criteria for brain death are very detailed: There is no brain activity, no feelings, no thoughts, no reflexes. There is no longer a "person" within the body even though machines can give the impression that the child is just sleeping. And the machines must be kept going until the organs are removed.

Organ donation does not affect or delay funeral arrangements, and is consistent with most major religious beliefs. Signing an organ donor card reflects the wishes of the individual, but the nearest living relative must give permission before organs are removed. Those under 18 can sign a donor card with parental permission. No costs are incurred by the donor, and no payments are made. It is a gift—the greatest gift.

#### ORGAN DONOR CARD

Print or type name of donor

In the hope that I may help others, I hereby make this anatomical gift, if medically acceptable, to take effect upon my death. The words and marks below indicate my desires.

I give

\_\_\_\_\_ any needed organs or parts

(b) \_\_\_\_\_ only the following organs or parts

Specify the organ(s) or part(s)

for the purposes of transplantation, therapy, medical research or education.

(c) \_\_\_\_\_ my body for anatomical study if needed.

Limitations or special wishes, if any:

score of dedicated ICU nurses. It is an army of women fighting to save lives. They were there for Matthew Brady.

"We knew it would be a very complicated postoperative course, and we were prepared for it," acknowledges Dr. Hsu, but perhaps no one was quite prepared for the plunge Matthew took three days after the transplant. Chemicals from his stomach aspirated into his lungs, he developed pneumonia, and his lungs began to fail. He was too weak to be moved to the operating room, so Dr. Michler brought his team of surgeons into the ICU and opened up his chest again, attaching him to a lung bypass machine, known medically as ECMO (Extracorporeal Membrane Oxygenator), usually used for critically ill full-term babies with undeveloped lungs.

No one knew whether Matthew would benefit from this machine. The medical consensus: If there was no improvement after five days, the likelihood of survival was poor. As the doctors explained to the Bradys, this course of treatment was unprecedented, and there were no directives for what Matthew was going through—the machines were new and the doctors were creating new treatments as they went along, learning by doing.

Complications from the ECMO set in. "There were times I thought his chances were less than 50/50," admits Dr. Michler, looking back. Matthew had become blind, possibly permanently, because of a clot that had formed behind his eyes. He suffered from nose bleeds and had a seizure when they

attempted to wake him up.

His parents stood by helplessly. "It was like being held captive with someone else in total control of your life," Mary Lou recalls. But three days later, his lungs had improved, and Matthew was taken off the ECMO. His chest was sewn up, but, unable to breathe on his own, he was given a tracheostomy.

The Bradys set up housekeeping in a corner of the waiting room outside the ICU. They brought in their own cot, put down a couple of rugs, bought supplies and groceries. They even did laundry in the unit's sink, hanging clothes between the rails of their son's hospital bed. Time dragged.

"It felt like forever," says Mary Lou, whose other life back in Connecticut seemed very far away. "I never saw the summer." The two Brady children left behind, Joseph, 16, and Rachel, 6, were also feeling the strain. Financially pressed, the Bradys used up all their savings just to cover incidentals—gas money, food and the biggest expense, the hospital TV rental at \$5.50 a day. "We had been ballooned and flowered to death. So we just asked friends and family to help. Everyone chipped in. Our community kept us going."

Slowly, the first six weeks passed. Mary Lou remembers (Continued)







#### THE MIRACLE MAKERS

From page 125

them with horror. Seeing her debilitated, sightless, mute, barely conscious son, she thought, "I can't believe I've done this. My worst fears are coming true." But it was too late to turn back, and so the Bradys pushed forward. They read to Matthew, stimulated and exercised him. Medically, they learned to adjust his monitors, check his trach and other tubes.

"Matthew Brady taught us a tremendous amount," says Dr. Michler. "He represented the culmination of all our knowledge and ability at the time. He is also a testament to our determination not to give up. I am amazed by the body's capacity to recover."

His parents, however, point out, "Even though modern medicine is what it is, Matthew's recovery has a lot to do with the power of prayer."

He was weaned off the life support systems, the clot behind his eye dissolved, and his sight was restored. Six weeks after the operation, Matthew asked, "Do I have a new heart?" He remembered little of the ordeal.

Another month went by, and it

looked as if they were finally going home. But a last-minute checkup picked up a gallop in Matthew's heart. It meant that rejection was occurring.

The Bradys were devastated. The medical teams once again surged forward, taking over. Matthew was put on the strongest of the antirejection drugs, OKT-3, which left him feeling worse than ever. For three days he threw up, barely catching a breath in between heaves. "It was brutal," says Mary Lou, who has seen her child suffer more than any mother should.

et another month went by.
When they finally left the
hospital, the Bradys were
told to go home and have a
normal life. "It's not normal," concedes
Dr. Hsu. "But it is a life outside of his
illness. We want him to accept the
heart transplant as part of him, like
having brown hair."

Matthew will, for the rest of his life, be under medical supervision, attached to medical facilities. But as Dr. Michler puts it, "It's trading unmanageable Signed by the donor and the following witnesses in the presence of each other

Signature of Donor

Date of Birth of Donor

Date Signed

City & State

Witness

Witness

This is a legal document under the Uniform Anatomical Gift Act or similar laws.

For further information consult your physician or

**UNOS**, P.O. Box 13770, Richmond, VA 23225

problems for manageable ones."

Although after the first three months, the threat of rejection is diminished, Matthew must remain on medication for the rest of his life. The importance of a transplant recipient taking the proper medication—the precise dosage at the exact time—cannot be stressed enough. "It's simple," says Dr. Hsu. "If you don't take the medication, you'll die."

Mark Brady built a cabinet in the kitchen, "a shrine to medicine," with Matthew's schedule printed on the door. Alarms were set as reminders, and at first, one parent would stay up all night so as not to sleep through the middle-of-the-night doses. Despite all their precautions, Mary Lou came home one day and casually asked her husband, "Did you give Matthew his medicine this afternoon?"

Mark had forgotten: "It was like she had asked, 'Did you shut off the atomic bomb?'" But Matthew was O.K. These medications do have side effects, which will diminish over time. Besides altering his appearance, giving him puffy cheeks, some distortion of gums and teeth, and an abundance of body hair, the medications affect his temperament. Matthew has extreme mood swings, even uncontrollable rages. "He used to be the best-mannered, even-keeled kid," says his father. "Now he's wild. I went home from the hospital with a different kid. I had to mourn the loss of the boy born to me and at the same time celebrate the rebirth of this new kid.'

Still, the Bradys have few regrets.

"The end results are better than I had imagined," says his mother, "better than the doctors told me."

The Bradys are back at Columbia-Presbyterian again, for Matthew's first major checkup since the transplant, marking his ninth month with his new heart. Looking at him now, it's difficult to imagine what he was like just under a year ago. "It was hard for him to sit up and draw without exhaustion," says his mother, watching him warily as he tears around the halls, teasing the nurses, karate-chopping the doctors.

He passes his checkup with flying colors. Matthew Brady is doing great. He's smart, funny and full of beans. And he has an amazingly strong heart. Now he just wants to get back home to his bicycle, his soccer team, his swimming lessons and his karate school.

His parents, too, don't want to hang around the hospital any longer than absolutely necessary. One five-month stay was long enough. "It seemed we were in the hospital forever," says Mary Lou. But looking back on the day they finally got to leave with their son, Mark Brady adds, "The day we actually went home, we thought it was the whistle at the end of the game. But it was just the end of the first quarter."

Keep playing, Matthew.

#### Buyer's Guide

#### BEAUTY/FASHION

Beauty & Fashion Hotline Page 29, top left: Tunic, leggings, cardigan, We're Environment Friendly. Sneakers, K-Swiss. Top right: Vest, Dana Buchman. Shorts, Andrea Jovine. Shoes, Enzo Angiolini. Page 30: Shirt. Too Cute.

What a Deal! Page 89: Earrings, Kalan Designs. Page 90, top left: Dress, Jones & Co. (only available in black and navy). Mules, Mootsies Tootsies. Page 91, top right: Tunic (No. A14830) in rose; pant, (No. A10775) in red, both from Diane Von Furstenberg Spring '94 Silk Assets Collection. Middle right: Shoes, Diane Von Furstenberg. Page 92, top center: Choker, Kmart.

#### **DECORATING/CRAFTS**

Storage Solutions Pages 96-97: Shutter cabinet, Ballard Designs. Box of baskets, Hold Everything. Armoire, Eddie Bauer. Pitchers, Galileo. Dye-drawer chest, GL Sawyer. Modular wall clock, Elden. Regency stripe fireplace screen, Timeless Design. Kea oval boxes, Ikea. Bureau, fabric-covered hexagon boxes, Legacy. Shaker TV chest, Habersham. Sewing chest, Lane. Baskets, Hold Everything. TV (No. F27730EM), RCA/Thompson Consumer Electronics. Pages 98-99: Basket cabinet, Guildmaster. Pet ottoman, storage ottoman, Mitchell Gold's Design Line. Weather bee box. Lt. Moses Willard. Revolving bookcase ottoman. Levenger, Natura cabinet, Ikea, Momento file, Tucker Design, Scroll screen, Orbit, Leather-book side table (No. 2590), Sarried, Ltd. Chest, Highland Trading Co. Round table, Minic Custom Woodwork, Inc. Royale Damask fabric (No. 645849) in crimson, Waverly. Trunk, Camellia & Main. Suitcase, Vagabond Vintage Furnishings. Pages 100-101: Home-office armoire, Habersham. Color stacking boxes, Xonex International, are available in major stationery stores nationwide. Wood tray, chair, Conran's. Letter boxes, magazine file, shelf basket, Hold Everything. Telephone answering and fax machine (Presario 42S). Compaq Computer Corp. Telephone (No. KXT4330). Panasonic Camera (No. IQZoom 70-XL). Pentax. Printer (No. BJ-200E), Canon. Pitcher, Galileo. Napkins, wood caddy. Conran's. Basket, Hold Everything.

Quick Craft Page 130: Wreath from VSF, Inc.

#### FC GOOD FOOD

Taste of the Tropics Page 118: Plate, "Regatta" from Mesa International.

#### SOURCES

#### BEAUTY/FASHION

Andrea Jovine, 212-382-2320. Clifford & Wills, 1-800-922-0114. Dana Buchman, 212-626-3000. Diane Von Furstenberg Spring '94 Silk Assets, available through QVC, 1-800-345-1515. Enzo Angiolini, available at select Nine West stores. Express, 1-800-726-3200. Filene's Basement, 1-800-666-4045. Home Shopping Network, 1-800-284-3900. JCPenney, stores nationwide. JCPenney catalog, 1-800-222-6161. J. Crew catalog, 1-800-562-0258. Joan Rivers Products, available through QVC. 1-800-898-5626. Jones & Co., 212-642-3938. Kalan Designs, 818-353-7189. Kenneth Jay Lane, available through OVC, 1-800-898-5626. Kmart, stores nationwide. Lands' End catalog, 1-800-356-4444. Marshalls, 1-800-627-7425. Monet, 212-725 4700. Mootsies Tootsies, 212-371-3771. Robert Stock, 212-947-2895. Sears, stores nationwide. T.J. Maxx, 1-800-2TJ- MAXX. Too Cute, 213-622-6663. Victoria's Secret, 1-800-888-8200. We're Environment Friendly, 212-840-1615.

#### DECORATING/CRAFTS

Ballard Designs, 1670 DeFooz Ave NW. Atlanta. GA 30318. Cannon, 1-800-848-4123. Camellia & Main, 1-800-993-4438. Conran's, 1-800-3-Conran Eddie Bauer, 1-800-426-8020. Elden, 1170 N. Main. Orange. CA 92667. Galileo, 167 7th Ave... (Continued)



## From Trash to Cash

Countdown to a super sale

Need quick cash? You and your family can make a profit from your spring-cleaning binge in a weekend.
Two days' work typically brings in \$250, says Robert L. Berko, author of Holding Garage Sales for Fun and Profit. And the best part—the proceeds are not taxable, as long as you sell the items for less than what you paid for them. Successful garage sales call for at least three weeks of planning.

#### **Three Weeks Ahead**

- **1.** Take inventory. If you don't have enough merchandise (aim for at least 100 items), join forces with a friend or neighbor.
- **2.** Set the date and time. Avoid holiday weekends.
- **3.** Be prepared for inclement weather—plan to protect items with plastic tarps or set a rain date.
- **4.** Call town hall to check on regulations—you may be required to purchase a garage-sale license.
- **5.** Visit other sales and observe what works and what doesn't. Make notes from a buyer's point of view.
- **6.** Begin item selection. Ask the kids for old clothes, toys and books.

#### Two Weeks Ahead

- 1. Clean everything—it's the easiest way to increase your profits. Polish silver and wood furniture; wash glassware until it sparkles.
- 2. Wash, fold, iron and hang clothing and linens.
- 3. Oil tools and make repairs.
- 4. Advise neighbors about your

Kathy Peel's new home in Tennessee is decorated in early garage sale.

sale. Make a DO NOT PARK sign for those who don't want shoppers' cars in front of their home.

- **5.** Advertise in a shopping handout the week before and in the local newspaper the weekend of the sale. (Some cable TV stations will also post the information at no cost.) Keep ads short. Include dates (and rain date), times, your address with brief directions and a sampling of your merchandise. Don't provide a phone number—you'll spend too much time on the telephone.
- **6.** Hang fliers on public bulletin boards at libraries, bus and train stations, churches, restaurants, supermarkets and laundromats.

#### Week of the Sale

- **1.** Price merchandise "to sell" (see box at right).
- 2. Go to the bank for cash-box money: Fifty singles, some fives and \$20 in coins should do it.
- **3.** Rent a portable coatrack from a party store (or use a clothesline) to hang clothing. Have a full-length mirror and a tape measure on hand.
- **4.** Ready display tables and a garbage can. An extension cord, batteries and electrical outlets should be available for items requiring power.
- **5.** Use stakes or tacks to post brightly colored signs around the neighborhood to direct shoppers.

The night before, decorate your yard with streamers, lights, balloons—anything to attract attention.

- **6.** Make arrangements to donate leftover items to a charity.
- **7.** Set up as much as possible the day before. If you have an enclosed garage, arrange merchandise inside. Set out tables and racks on lawn.

#### Sale Day

- **1.** Wake up early to be ready for early-bird shoppers who like to arrive before the merchandise is picked over. Expect half as many shoppers in the afternoon.
- **2.** Keep cash box in a safe location and make sure whoever is watching it does so constantly.

#### **Pricing Pointers**

- \* Depending on age and condition, use 20 to 30 percent of an item's current retail value as a price guideline:
- For easier money handling, price in 25-cent increments;
   Don't mark prices directly on articles—ink can cause damage. Use stickers or masking tape instead.
- \* Never misrepresent merchandise; Mark damaged goods "as is." \* Price high enough so you
- Price high enough so you don't mind coming down in the bargaining process.

#### Buyer's Guide

#### From page 127

New York, NY 10014. Guildmaster, P.O. Box 10725, Springfield, MO 65808. G.L. Sawyer Ltd., 2641 Dean Suite 101, Virginia Beach, VA 23452, Habersham, 1-800-241-0716. Highland Trading Co., P.O. Box 158. Gainesville. GA 30503. Hold Everything, 1 800-421-2264 Ikea, 412-747-0747 (East Coast) 818-912-1119 (West Coast). Lane, 1-800-447-4700 for dealer information. Levenger, 1-800-544-0880. Lt. Moses Willard, 1156 US 50, Milford, OH 45150. Minic Custom Woodwork, Inc., 524 E. 117th St., New York, NY 10035. Mitchell Gold's Design Line, Ltd., P.O Box 819. Taylorsville, NC 28681. Orbit Design, Inc., 4420 S. Wolcott Ave., Chicago, IL 60609 RCA/Thompson Consumer Electronics, 600 N. Sher man Drive, Indianapolis, IN 46201, Sarreid, Ltd., P.O. Box 3548, Wilson, NC 27895-3548, Timeless Design, P.O. Box 20711. Seattle, WA 98102-1711. Tucker Design, Elm St., Norwich, VT 05055. Vagabond Vintage Furnishings, P.O. Box 343. Decatur. GA 30031 VSF, Inc., 204 W 10th St . New York, NY 10014 Waverly, 1-800-423-5881

#### FC GOOD FOOD

Mesa International, P.O. Box 37, Elkins, NH 03233; 603-526-2127

#### FACTORY OUTLET OFFER (Page 89)

You can receive a voucher for coupons entitling you to additional savings at these factory outlets: Woodbury Common, Central Valley, NY: Liberty Village, Flemington, NJ: Lawrence Riverfront Plaza. Lawrence. KS: Aurora Farms, Aurora, OH: Santa Fe Factory Stores. Santa Fe; i\*M; Desert Hills. Cabazon. CA: Amenican Tin Cannery, Pacific Grove, CA: Natoma Station, Folsom, CA: Village Outlets of Napa Valley, St. Helena, CA: Mammoth Factory Stores, Mammoth Lakes. CA: Columbia Gorge, Troutdale, OR Send a SASE to Chelsea GCA Realty, Inc., 134 Franklin Corner Rd., Dept. FC, Lawrenceville, NJ 08648.

#### FAMILY CIRCLE/Marshalls Sweepstakes Win a \$2,500 Shopping Spree

**1.Sweepstakes Rules:** No purchase necessary to enter. The Family Circle/Marshalls \$2,500 Shopping Spree Sweepstakes offers one lucky reader the chance to win one (1) \$2,500 credit voucher from Marshalls, valid at any Marshalls location (credit voucher will have no expiration date). No prize substitution permitted except at the discretion of Family Circle and Marshalls (Sponsors).

**2. How to Enter:** Print your name, address, ZIP code and day/evening phone numbers on a 3" x 5" postcard. Mail to: Family Circle/Marshalls Shopping Spree Sweepstakes, 110 Fifth Ave., New York, NY 10011. Multiple entries permitted but each must be mailed separately. No correspondence can be answered. Sponsors will not be responsible for lost, late, misdirected, mutilated or otherwise undeliverable mail. **All entries must be received by June 1. 1994.** 

**3. Winner Selection:** The winner will be determined in a random drawing from all eligible entries by Sponsors' representatives, whose decisions are final. The drawing will be held on or before July 1, 1994, and winner will be notified by mail within 30 days thereafter. Winner will be required to execute a Declaration of Eligibility stating that winner has complied with all sweep-

stakes rules and consents that Sponsorsand anyone Sponsors may authorize-may use the winner's name, photograph or other likeness, biographical information and statements concerning the sweepstakes or Sponsors for purposes of advertising and promotion without compensation. The declaration must be returned and received within 21 days of notification or an alternate winner will be selected. Odds of winning are determined by the total number of eligible entries received. The prize is guaranteed to be awarded. The name of the prizewinner will be available after August 1, 1994, and until September 1, 1994, by sending a stamped, selfaddressed envelope to: FAMILY CIRCLE/ Marshalls Shopping Spree Sweepstakes, 110 Fifth Ave., New York, NY 10011.

**4. Qualification:** Sweepstakes open to residents of the continental United States 18 years of age or older, except where prohibited by law. Sponsors' employees (and their immediate families and members of their household) and those of their respective parent corporations, divisions, subsidiaries, affiliates and advertising and promotion agencies are not eligible.

**5. Compliance With Law:** Void where prohibited by law. All taxes are the winner's responsibility. All Federal, state and local laws and regulations apply.



Quick Craft

# fresh-as-spring

How-To s Page 134

This garden-pretty ring of fragrant blooms and greenery is easy to create—and will be yours to enjoy for months to come. What makes it so special are the roses and hyacinths kept fresh with water tubes you hide in the leaves. Add cut flowers as needed, or let these fade to an everlasting beauty.

Bless your heart and home with a guardian angel of your own... a Bradford Exchange recommendation touched with gold GRADER 84-B10-10.1 VUMBER This number, fired on the back, certifies that your plate is officially listed for trading on



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6791-E85092



nd handling and sales tax where applicable in limited to 95 firing days.

The price of the plate in Canada will be higher.

6791-E8 6791-E85091 Quick Craft

# fresh-as-spring Wream



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This garde easy to c come. Wh kept fresh flowers as





You'll need: fresh branches of leaves—bay, lemon and quince; fresh flowers—pink and yellow roses, blue and pink hyacinth, heather; dried purple larkspur; 15" Oasis wreath base; 8 water tubes (available at garden centers).



Fill water tubes with water and insert a rose or hyacinth stem (cut stems short first) in each tube. Arrange flower tubes on wreath for the prettiest effect; then push tubes firmly into wreath base to secure.



Attach a wire loop (for hanging) to base; lay base on work table. Build a leaf foundation by sticking stems of lemon branches into base, one by one, so they all fall in one direction with leaves overlapping and extending over edges.



Poke feathery sprigs of heather into wreath base, arranging them gracefully so the flower heads follow the sweeping movement of the leaves around the inner and outer curves of the foundation of lemon leaves.



Fill out the leaf base by tucking small clusters of bay leaves among the lemon leaves. Next, insert quince branches in base, arranging them so some branches and pink buds peek through the foliage to give a lush look.



Is your wreath full enough? Are there gaps? If so, fill in with spikes of dried larkspur. You may leave your wreath to dry naturally—or add new fresh flowers as often as you like, refilling the water tubes every few days.



ASTA has more than 23,000

Don't forget to send postcards!



#### ITINERARY #1

A family driving tour is the best way we know to discover the natural splendor of the great west.

**DAY 1:** Arrive in **Phoenix** – the Valley of the Sun - and drive south in your rental car. West of Tucson, the desert comes to life. A trail winds through the forest of giant

cacti in Saguaro National Monument. In the afternoon, go to the Arizona-Sonora Desert Museum part garden, part zoo and discover how so many species thrive in this hot, dry climate.

DAY 2: Find action at Old Tucson Studios.

a movie and TV location built to resemble the southwest of the 1880's. Stay in Scottsdale, and spend the evening strolling Old Town, enjoying its shopping and cultural center.

**DAY 3:** Arizona's extraordinary highways lead to the Sinagua

and hay rides, a sweep through the Grand Canyon and the west's most dramatic scenery. plus busy Scottsdale make a car trip through Arizona a pictureperfect vacation

Indians' cliff dwellings (circa 1250 A.D.), through Ponderosa pine-filled Oak Creek Canyon, and north to Sedona's other-worldly red rock formations. In town are art galleries

> and an old-fashioned ice cream parlor not to be missed.



DAYS 4-5: Drive to the Grand Canvon and begin to explore the majestic park. An adventurous hike or donkey trail ride takes vou into

glorious wilderness. Nature walks. lectures, and night-sky astrology talks are led by National Park rangers. Reservations are essential and must be made early if you want to stay in one of the park lodges.





DAYS 6-7: Return to Phoenix at a leisurely pace. Watch as the landscape dramatically shifts from the Grand Canyon to Flagstaff's mountain peaks to the lush Verde Valley and into the Sonoran desert.

Planned by ASTA Agent Mary E. Drey, Holiday Travel, Evergreen Park, IL, 708-425-6680.

IF YOU THINK COLORADO IS AN ADVENTURE, WAIT TILL YOU SEE THE CITY IT SPAWNED.



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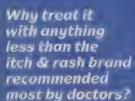
WHEN WE SEE TOURISTS, WE GET UP AND MOVE. Come to this part of the world, and you'll be greeted with open arms and

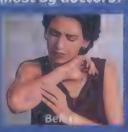
dancing feet. We'll entertain you at our rodeos, concerts and festivals. Or turn you loose at our dance halls and theme parks. We'll make sure you feel welcome on your Texas vacation. But most of all, we'll just be ourselves.



It's Like A Whole Other Country:

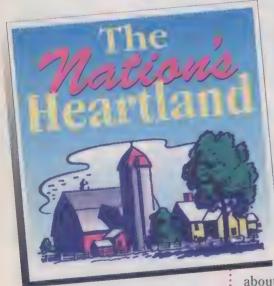
## PSORIASIS:





Cortaid stops the itch and helps heal the flaku. scaly rash of psoriasis. too. So for your problem psoriasis, ask your doctor about Cortaid Maximum Strength!

## CORTAID RELIEVES IT!



ITINERARY #2

Any Texan will tell you: it only

takes one visit to put Texas

in your heart. This trip will

serve as a great introduction

to the Lonestar state.

**DAY 1:** Arrive in San Antonio and head for the Alamo, that shrine to Texas heroism. But first attend the screening in the IMAX theater,

which will make the visit more meaningful by putting the monument in perspective. In the afternoon, head for the hands-on

**Institute of Texas** Cultures in the Hemisfair Plaza. Kids can clamber into a teepee, make

Indian weavings, and learn

about the customs and history of the state's ethnic groups. At dinner time, choose from the many good local restaurants featuring Southwestern fare and mesquitegrilled beef.

DAY 2: Explore San Antonio's River Walk area. Begin by taking the 45-minute barge ride that passes under the city's canals and alongside its handsome buildings, restaurants, and stores by the banks.

Kerrville Austin form a Texas triangle that surrounds visitors in

San Antonio

national history

and the laid-back country music scene. Market Square contains festive El Mercado. which sells everything from Mexican silver jewelry to piñatas. THE FORK IN THE ROAD: For a deeper foray into Mexican culture, go south.

From San Antonio it's about 150 miles to Laredo, a Texas border town rich in Latino culture. Cross the Rio Grande into Nuevo Laredo. its sister city, and you're in Mexico.



**DAY 3:** For a full day of amusement around San Antonio, choose between Fiesta Texas (a familyoriented theme park where one

admission price includes all activities) and **Sea World of Texas**, the world's largest marine-life park, which has rides, shows, and exhibits.

 $\overline{\mathbf{v}}$ 

DAY 4: Cowboy culture is centered in Kerrville, 65 miles southeast of San Antonio. See the Cowboy Artists of America Museum, which has an artist in residence. A number of dude ranches operate in the surrounding hill country, especially around Bandera. The Y-O Ranch is an exotic animal game preserve. May and June, the Kerrville Folk Festival rings out. Every summer Saturday night, ranch hands and their partners gather for high-spirited Texas two-stepping.



**DAY 5:** Drive another 70 miles to **Austin**, the state capital. Check out the **University of Texas**, the **LBJ** 



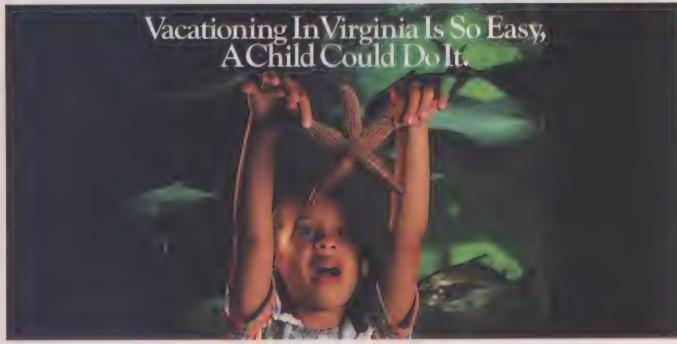
Memorial Presidential Library, and the sounds of country. In the heart of town along the banks of the Colorado River, the Town Lake Park Complex contains a huge spring-fed swimming area plus train and paddlewheel rides that kids love.

**DAY 6:** Fly home from **Austin** or return by car to **San Antonio**.

Planned by ASTA Agent Kathy Sudeikis, CTC, All About Travel, Kansas City, MO, 913-491-0888.



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## COME TO THE FAIR



merica's great state and county fairs come just

once a year, but they're always worth the wait. Acres fill with blueribbon livestock from 4H clubs; exhibitions thrill proud members and animal-loving spectators alike. Everything from hand-sewn quilts to wacky new inventions to wash-off tattoos is on display.

Visitors young and old flock to games where prizes large and fuzzy await ring-tossing, balloon-popping champions. And the bands play on. The Texas State Fair in Dallas, the biggest of them all, attracted more than three million visitors last year.

Mark your calendar now!

#### **Alabama**

May 27-29: Jubilee City Fest, Montgomery

#### Arkansas

August 18-21: Hope Watermelon Festival, Hope Sept 12-17: White County Fair, Searcy

#### Colorado

August 20-Sept 5: Colorado State Fair, Pueblo

#### Idaho

August 19-27: Western Idaho Fair, Boise

#### Illinois

August 12-21: Illinois State Fair, Springfield

#### Iowa

August 11-21: Iowa State Fair, Des Moines

#### Kansas

Sept 9-18: Kansas State Fair, Hutchinson

#### Kentuck

August 18-28: Kentucky State Fair, Louisville

#### Louisiana

June 11-12: Jambalaya Festival, Gonzales

#### Minnesota

August 25-Sept 5: Minnesota State Fair, St. Paul

#### Nevada

August 24-28: Nevada State Fair, Reno

#### Oklahoma

Sept 16-Oct 2: Oklahoma State Fair, Oklahoma City

#### Tennessee

Sept 16-25: Tennessee State Fair, Nashville

#### Texas

August 19-27: North Texas State Fair, Denton Sept 30-Oct 23: Texas State Fair, Dallas

#### Virginia

Sept 22-Oct 2: Virginia State Fair, Richmond

#### Wisconsin

August 4-14: Wisconsin State Fair, West Allis





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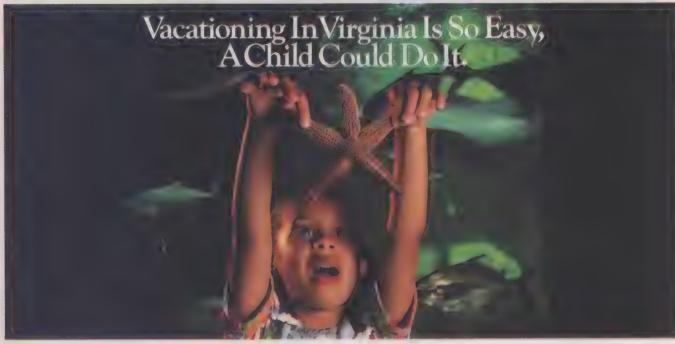
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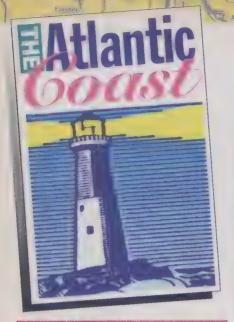
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Arkansas.



## ITINERARY IS

Fresh salt water breezes make sightseeing pleasant, sailing sensational, and sunning the perfect way to spend a lazy day. Your family can do it all in Maine.

DAY 1: Fly to Portland and pick up a rental car. Mid-morning, arrive in Cape Elizabeth. See the Portland Head Light lighthouse and museum. Catch the mail boat from the old port area into island-filled Casco Bay. Plan on dinner at DeMillo's floating restaurant.

DAY 2: Visit the Maine Maritime Museum in Bath and admire the town's historic mansions en route to Wiscasset, the state's prettiest village. Just beyond is the Rockland-

Rockland-Rockport-Camden region. Lodging choices range from inexpensive motels to bed-andbreakfasts to deluxe



shopping buys, too.

The Maine Coastline

**DAY 4:** Kids will enjoy the **Owls Head Lighthouse** and the **Transportation Museum** on Route 73. The latter is filled with vintage carriages, planes, fire trucks, sports cars – and everything runs.

DAY 5: In the morning, visit the Farnsworth Art Museum. After lunch, sail out of Rockland harbor for an overnight on the 1912 Schooner Wendameen, a 67-foot yacht. Whales might be seen on the journey. (Note: This trip is best for well-behaved children eight and older).



resorts.

Head for Camden Hills State Park to hike, picnic, and explore. Mount Baddie is the highest point in the U.S. along the Atlantic coast. Scenic Camden harbor contains tall ships and tony shops.



 Planning for the unexpected can make the difference between delights and disasters! Use this as your checklist before you go:

- ☐ First-aid kit: Band-aids, gauze pads, tape, cotton balls, antiseptic cream, Dramamine, children's acetaminophen, thermometer, Cortaid, insect repellent, sunscreen.
- Just in case: Can opener, flashlight with batteries, plastic bags, Baby Wipes, sewing kit, Swiss Army knife.
- Snacks: seedless grapes, cheese sticks, juice boxes, Cheerios, granola bars.

- If your children are old enough to carry a backpack, let them select some playthings. Also consider bringing:
- ☐ A favorite blanket and stuffed animal
- Tape recorder and disposable cameras
- Colored pencils and notebook
- ☐ Book of Questions/Mad Libs
- ☐ The Ultimate Bug Book
- ☐ Etch-A-Sketch
- □ Wikki Stix



**DAY 6:** Return to Rockland. On the way to Boothbay Harbor (good views and good shopping), pause at the lobster pound outside Bremen for lunch.



**DAY 7:** Outlet shopping day: Arrive early in **Freeport** (L.L. Bean is open 24 hours a day). Spend the day discovering great bargains to bring home, along with your memories of Maine vacationland.

Planned by ASTA Agent James J. Adams, Lewiston Travel, Lewiston, Maine, 207-784-3571.





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## HISTORIC TOWNS

Pieces of America's history – from Colonial days through the civil rights era – can be found everywhere you travel this summer. You'll be surprised how visiting locations brings events to life. The following places capture our country's precious past.

The greatest battle ever fought on this continent, claiming 51,000 casualties, took place at **Gettysburg**.

The Gettysburg National Military Park battlefield shrine holds more than 1,000 Civil War artifacts.

Boston's
Freedom Trail
leads you on a
self-guided, three-mile
tour of Colonial and
Revolutionary America
that passes King's Chapel
(built in 1754), the site
of the Boston Massacre,

Plymouth Rock, site of the Pilgrims' landing in 1620, is south of the city and near Plimoth Plantation,

and Paul Revere's house.

where the history of the settlers and the Wampanoag Indians is preserved.

Travelers in the Pennsylvania Dutch Country are likely to see Amish "plain people" driving horse-driven buggies, especially Sunday morning after church. The area's authentic crafts shops sell quilts and furniture. Sweet aromas from Hershey's Chocolate World theme park make a visit irresistible.

North of Boston, **Salem** tells of its witch trials of 1692 at the Salem Witch Museum, The Witch Dungeon Museum, and elsewhere.

Hancock Shaker Village, comprised of more than twenty buildings circa 1790-1916, is a living museum and landmark site featuring restored dwellings, barns, and workshops of this lost religious sect.

The drama of Western expansion can be relived this summer in **Custer Country**, Hardin, Montana. In June, the famous Battle of Little Big Horn, General Custer's last stand, will be re-enacted.

Colonial Williamsburg, former training ground of Virginians who battled for America's independence 1699-1776, is a reconstructed village that offers a fun-filled and fascinating look at history.

The Civil Rights Institute in Birmingham, Alabama helps visitors to understand the civil rights movement and what it means for every American.

Mount Rushmore National Memorial in South Dakota, where the faces of Presidents Washington,



Jefferson, Lincoln, and Theodore Roosevelt are carved for eternity, symbolizes the country's struggle for independence, equality, representative government, and leadership in world affairs.

Washington D.C. abounds with monuments and museums. Lining the National Mall are very well-known and extraordinary centers such as the Smithsonian Institute, National Gallery, and Air & Space Museum. Outdoor landmarks such as the Washington, Jefferson, Lincoln, and Vietnam Veterans memorials are awe-inspiring, especially at night.



"In America, there are two classes of travel: First class, and traveling with children."

- Robert Benchley

Today Benchley would find many deluxe – as well as affordable – places that cater to families. Consult your ASTA agent to find familyfriendly spots.

Ask **restaurants** for high chairs and special menus for kids, kids eat-free meals and activity placemats.

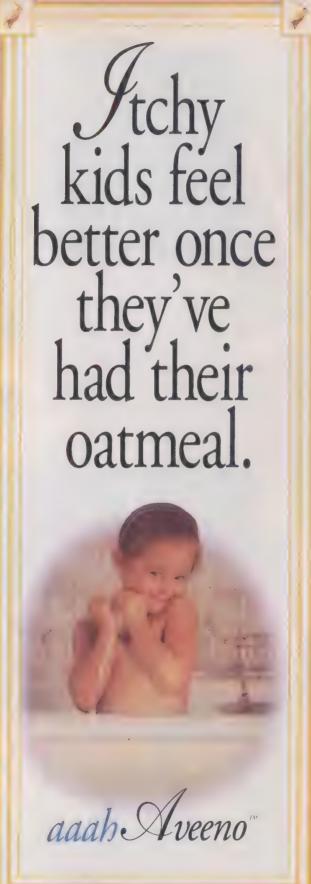
Check if your hotel has: Discounts on adjacent rooms, "childproof" rooms with night lights, covered electrical outlets, secured cabinets and no matchbooks, no charge for children under 18, cribs, booster seats, playpens, strollers, Nanny service and/or baby-sitting referrals.

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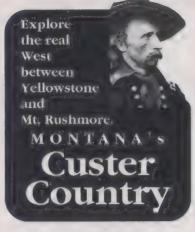
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By Susan Breslow

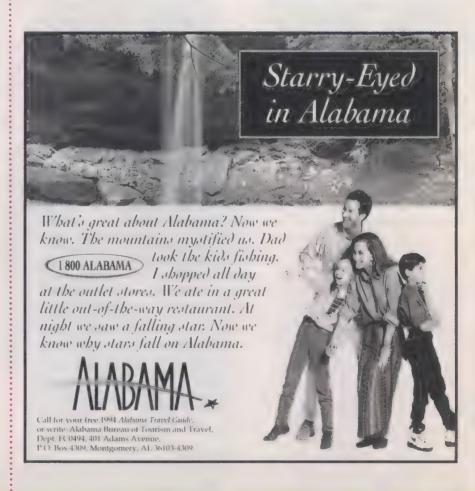
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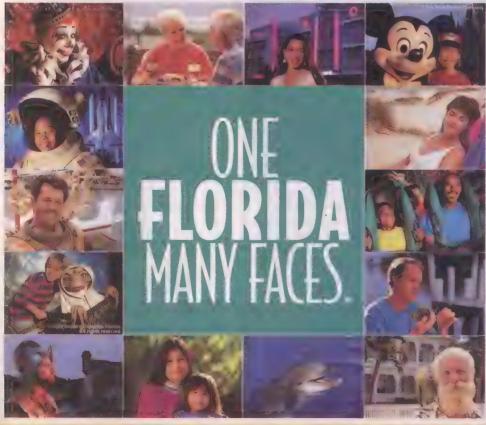




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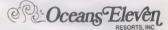
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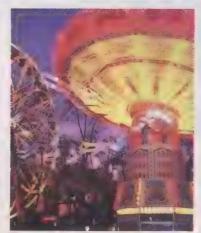
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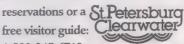
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By Diane Speros

**Explaining Electrolysis** 

I'm considering electrolysis to remove the facial hair on my upper lip, but I'm not sure if it's the best thing for me. Can you explain how it is done?

Because it destroys the root, electrolysis is a permanent hair-removal method, according to Trudy Brown, president of the International Guild of Professional Electrologists. "A very thin needle is inserted directly into the opening of the follicle, alongside the hair, down to the base. A mild electrical current is administered at high frequency, which kills the root and prevents regrowth of the hair," explains Brown. Treatments normally last from 15 to 30 minutes. The skin can be somewhat numbed beforehand with a topical anesthetic to alleviate the mild tingling sensation.

"Because hair grows in various cycles, it takes at least a year for the area to become completely hair free," Brown says. "After your first session,

you'll need to go weekly for two to three months, less frequently over the following months." Electrolysis treatments can cost anywhere from \$15 to \$35 each. Because the results depend on the technician's skill, your best bet is a state-licensed electrologist. Set up a consultation with the electrologist first and be sure to ask: • to see the instruments; • for an explanation of the procedure; • for a demonstration on a few hairs.

**Caution:** Pregnant women and those with diabetes should consult their physician before having electrolysis. If you would like to receive more information on electrolysis plus a list of qualified technicians in your region, send a self-addressed, stamped envelope to: International Guild of Professional Electrologists, 202 Boulevard St., Suite B-FC, High Point, NC 27262.

**Nail-Lengthening Tips** 

My nails have always been very short and break easily. Would they grow longer if I had wraps applied to them?

Probably not. While linen, silk or fiberglass wraps can protect nails from breakage and splitting, they may cause other problems. "Many people experience allergic reactions to the glue that affixes the wrap to the nail. This often leads to infection," says nail specialist Richard K. Scher, M.D., Columbia—Presbyterian Medical Center, New York City. In addition, your nails may become thin and weak, since they must be filed down and buffed prior to wrap application.

Individual growth patterns are often hereditary, but you *can* take steps to strengthen your nails. "Moisturize your hands daily and wear gloves for household chores to prevent brittleness. Using a formaldehyde-free polish weekly will condition nails and prevent chips," recommends Dr. Scher.

If you do opt for wraps, Dr. Scher advises having them removed by a professional every six to eight weeks to give your nails a rest from the glue.

Diane Speros is an editorial associate at Family Circle.

Do you have a beauty question? Write to: Beauty Bulletin Board, FAMILY CIRCLE, 110 Fifth Ave., New York, NY 10011. Due to the volume of mail we receive, individual replies are not possible. However, we will address your questions in future issues.

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## PEPPER STEAK

- 2 tbsp. vegetable oil
- 1 lb. boneless sirloin steak, cut into thin strips
- 2 cups green or sweet red pepper strips
- 1 med. onion cut into wedges
- 1/2 tsp. garlic powder
- 1 can (10 1/4 oz.)
- Franco-American® Beef Gravy
- 1 tbsp. Worcestershire sauce
- 1. In skillet, in 1 tbsp. hot oil, cook beef half at III time until browned, stirring often. Remove; set aside. Repeat with remaining beef.
- In remaining 1 tbsp. hot oil, cook peppers and onion with garlic powder until tender-crisp, stirring often.
- Stir in gravy and Worcestershire. Heat to boiling. Return beef to skillet. Heat through, stirring occasionally. Serve over rice. Serves 4.

Beef

Gravy



Franco-American® Pepper Steak. One pan, one can, 30 minutes.

# FG Bazaar

## Easy No-Knit Afghans

Here's a craft kit that will make even a novice look like an expert. And if you're an experienced crafter, you'll love the ease and speed of creating these classic knit throws. Following three simple steps, you weave over and under a mesh base and knot the ends to complete a beautiful, warm 38"x 66" afghan. The complete kit contains everything you need:

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## TIPS ON TRIPS

By Caterina Muccia

Creates Alass

The good news about American Family Cruises' trips from Miami to Nassau, the Dominican Republic and Key West is that each cruise is specifically designed to please parents and children alike. The days are planned and supervised for kids in five different age categories: Two- to 4-year-olds gather in Fuzzy Wuzzy's Den, a spacious, inviting place with a teddybear theme. Parents sign their toddlers in, and trained "coaches" take over with cookie baking, arts and crafts, story time and more. Rock-O-Saurus is the destination of 5- to 7vear olds, with a-vou guessed it-dinosaur theme. Again, kids are signed in and out, and the coaches organize games, projects, performing arts and computer time. Eight- to 10year-olds hang out at Sea Haunt I; 11- to 13-year-olds, at Sea Haunt II. These age groups take part in excursions both on board and on shore (with their coaches, of course). And teenagers have the MTV-like Club Yes, where they're in charge of the daily television broadcasts shown throughout the ship. Looking for some enjoyable family activities? Consider shore excursions to Coral World aquarium in Nassau or the Casa de Campo resort in the Dominican Republic.

Prices range from \$895 to \$1,195 per adult; \$395 per child ages 2–17 for a seven-day cruise (plus airfare). During "super value season" (May, September and October), kids cruise for free. Call 1-800-AFC-0567 or your travel agent for details.

—Nancy Clark

The Projecty Alt IVs "Quarked? Up to He

Planning a family trip to Orlando, Florida, but not sure where to stay? Check out the Peabody Orlando:

● The hotel keeps five mallard ducks in an exclusive, \$100,000 "Royal Duck Palace" on the hotel's recreation level. Every day at 11 A.M. the ducks leave their palace and march through the hotel lobby, where hundreds of guests greet and applaud them as they head for an afternoon of fun and frolic in the lobby's water fountain. At 5 P.M. the ducks march back to their palace for the evening.

• The Peabody Orlando's "Double-Ducker" bus is a great way to get to Walt Disney World, Universal Studios and Sea World. The bus's artwork features 30 vacationing ducks who appear to be riding on the lower level of a double-decker bus. Families travel on the Double-Ducker's upper level. The fare

is \$6 round-trip.

• Licensed baby sitters are on call 24 hours a day. The cost is \$7 per hour, with a four-hour minimum. Kiddie excursions, under trained counselor supervision, can be arranged through the hotel's concierge. And in-room baby-sitting services are also available.

• With proof of age, all persons 50 years old and over can stay in a luxury guest room for only \$85 per night—a savings of up to \$95 off standard room rates. And children 18 and under can share the same room at no extra charge.

For more information, call 1-800-PEABODY.

Caterina Muccia is an assistant editor at Family Circle.

**Tell us about your best family vacation.** Send letters to: Tips on Trips, FAMILY CIRCLE, 110 Fifth Ave., New York, NY 10011. All letters become the property of FC. We cannot respond to each reader, but we will report on your ideas in future issues.



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# did I put that?

DON'T ASK ME, READ THIS LIST!

Put an end to questions like, "Mom, where's my baseball glove?" or "Honey, where are the sleeping bags?" Use this chart to keep your family organized.

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	Extra house and/or car key		***************************************		***************************************	**********************
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than actual size.

Both doors open smoothly, as does the hood. The front wheels turn with the steering wheel. The bed is genuine wood.

Ford and F-100 trademarks are used under license from Ford Motor Company

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## **Food-Safety Myths**

Even those who are super-careful in the kitchen may still fall prey to one of these dangerous yet common food-safety myths: Myth No. 1 It isn't necessary to refrigerate hard-boiled eggs. Not true. Boiling destroys the natural coating on the egg's shell, making it especially vulnerable to a bacterial invasion from handling. Keep both cooked eggs and raw ones (which may harbor bacteria inside the shell) at room temperature no more than two hours. Myth No. 2 Salmonella is just a chicken-egg problem. The harmful salmonella bacterium may be found on poultry, beef and pork, in unpasteurized milk and even on some raw fruits and vegetables. So wash fruits and vegetables before cutting, drink pasteurized milk and cook poultry and meat thoroughly. Myth No. 3 Mayonnaise spoils easily. Because it's acidic, mayo helps fight bacterial growth. It's tuna, chicken and other protein ingredients that are prone to problems. But never let any perishable food sit out for more than two hours (one hour in hot sun). Myth No. 4 Scrape off the mold and the food's safe to eat. Mold spreads easily in soft foods such as yogurt and jelly. Only firm items like Cheddar

cheese, apples, carrots, sweet peppers and potatoes can be salvaged by cutting away the mold and a one-inch margin around it. Myth No. 5. Freezing kills bacteria. Wrong. Freezing does halt further bacterial growth—but doesn't cause bacteria that already exist on the food to die.

## Quick Bites

To slice a pie's fat content, top it with a crumb crust instead of the rolled crust you use on the bottom, says Susan Purdy, author of Have Your Cake and Eat It, Too (William Morrow, 1993). You'll need less butter or shortening... For extra fiber and protein, plus vitamin E, magnesium and more, toss in up to 1/4 cup wheat germ for every cup of flour you use in homemade pancakes, muffins, breads and cookies. (To keep goodies moist, add 1 Tbs water for every 1/4-cup wheat germ.)



Try rinsing canned beans and soaking dried ones (per package instructions) before cooking. You can also buy (at supermarkets), liquid that you add to your first bite of cooked beans, or capsules you can take before eating beans. Both help to prevent gas.

## Would You Eat This Animal?

The latest in steak comes from the Australian emu ("ee-myoo"). The big bird, a popular and plentiful source of food in Australia, is more tender and tastes slightly gamier than beef, but its calorie and fat content rivals that of skinless chicken breast. Emu meat isn't in supermarkets yet, but you can mail-order it from Swift International (1-800-677-9438).



**Beware: The Calorie Trap** 

Counting calories doesn't always pay diet dividends—and now researchers at the Obesity Research Center at St. Luke's-Roosevelt Hospital in New York City have found one reason why: When they tested the calorie content of 40 prepared foods and compared their results to the figures listed on the product labels, they found that the labels of national brands scored high marks for accuracy, but foods sold only regionally contained an average 25 percent more calories than stated on the label—and local goods packed in roughly 85 percent more. The experts advise calorie-counters to choose national brands.



Our Vegetable Curry Pilaf (left) is made with 11/2 cups of basmati or long-grain white rice and contains only 1 Tos of vegetable oil and 3 cups of reduced-sodium chicken broth. Add 1/4-cup currants, a thinly sliced sweet red pepper, one shredded carrot, 1/2-cup frozen peas, an onion and just 1 Tbs of sliced, toasted almonds. Spice things up with curry powder and cinnamon, then compare to a packaged pilaf made with 2 Tbs butter and more high-fat nuts (right). No contest!

Susan Male Smith, R.D., lives in Madison, New Jersey.

255 CALORIES 3 GRAMS FAT 156 Family Circle



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First Aid
for Fido
15 ways
to save your
pet's life

NBC news correspondent Dawn Fratangelo used to allow her two cats on the terrace of her New York City apartment. The iron railing, she thought, would protect them.

But one hot August night, Dawn called their names and only one came inside. The search for her missing feline ended when she

looked over the terrace railing and saw her tabby, lying motionless in her neighbor's garden patio four floors below. Its gray fur was matted with blood.

Once at his side, she carefully slid her cat onto a flattened piece of cardboard. She and a neighbor, both still in pajamas, rushed to NYC's Animal Medical Center. "I was a wreck," Dawn recalls. "I felt like it was my fault."

The animal was treated and miraculously recovered in three months. Did this cat use up one of its nine lives, or did the swift action of its owner save its life?

"A lot of animals die while someone wastes valuable time figuring out what to do," says Michael Garvey, D.V.M., chief of medicine at New York City's Animal Medical Center. "If you have a pet in your house, know the right reaction *before* a medical emergency strikes."

Are you prepared? Top vets give their lifesaving advice for the most common animal accidents.

Poisoning. Household products like dish-washing detergent, antifreeze and medications are toxic to pets. Be wary of warning signs: vomiting, diarrhea, tremors, strained breathing and more. Alert your vet to evidence: unusual odors, powders or liquids on its coat; peculiar-smelling breath; spilled antifreeze. Follow instructions from an animal poison hotline. (National Animal Poison Control Center: per-case fee, \$30; 1-800-548-2423.)

**Bee Sting.** Puppies, kittens and some adult animals have extreme allergic reactions to a bee sting. Seek treatment if your pet faints, vomits, drools, scratches excessively or develops facial swelling. Otherwise, pull the stinger out with tweezers. Apply a cool compress.

Celeste Mitchell is an assistant editor at Family Circle.

3 Fall From a Window. It's common for urban cats to fall from windowsills and balconies. Gently place an injured pet in a covered box with air holes or on a hard surface like the cardboard Dawn Fratangelo used. Cover with a blanket to prevent heat loss and get to a critical-care facility.

4 Choking. A choking animal can't *inhale* properly. If conscious, keep the animal calm and take to the vet. If unconscious, remove object with a finger sweep inside mouth and throat. If necessary, firmly slap the animal's chest. Then get medical help.

**5 Hit by a Car.** As with any serious accident, check the animal's ABCS. A=AIRWAY. Extend head. If chest is not expanding, perform mouth-to-nose breathing: Hold mouth closed, blow short breaths into nose. B=BLEEDING. Apply direct pressure to wounds with a clean cloth. C=CARDIOVASCULAR. If heartbeat and pulse are absent, start chest com-

pressions. You must use the specific method for your dog's (or cat's) size and shape. S=SHOCK. Check for symptoms: rapid heart rate, extremely excited state, gums and tongue are white, red or blue.

If in shock, cover pet with a blanket and control bleeding en route to hospital. Keep yourself and your pet calm. If there are no shock symptoms, control bleeding; splint fractured limbs with a rolled-up magazine and tape. Transport on a hard surface like an ironing board or cardboard.

**Pool Accident.** Most animals can swim and will paddle to the nearest dry land to get out. But unless they have been trained to use pool steps, animals will not be able to lift themselves to safety.

If the chest is not expanding, initiate mouth-to-nose breathing. Wrap in dry towels and rush to a hospital.

## SAFETY STRATEGIES TO LIVE BY

Maintain an emergency-care kit: bandaging supplies, clean cotton swabs, antiseptic, muzzle, magazine and blanket: • Keep a first-aid handbook in the house. Try First Aid: Emergency Care for Dogs and Cats (\$19.95 from Pet Care Books; 1-800-573-8266): • Learn CPR, mouth-to-nose breathing Heimlich maneuver and other lifesaving techniques ◆ Learn how to check pulse/heart rate: ◆ Never give human medication to an animal—one tablet of acetaminophen can kill a cat; • Familiarize yourself with healthy gum color . Locate the closest 24-hour critical-care animal hospital before an emergency occurs! Plan a direct driving route. • Display emergency phone numbers. • Call the hospital before you leave—giving medics extra preparation time. Assume the worst: "People overreact to

some conditions and underreact to others,"

Dr. Garvey "One mistake can cost your pet's life."



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## DAILY NUTRITION COUNT

Refer to the nutritive content listings of our recipes, then use these guidelines to check that daily menus are well balanced and healthful.

AVERAGE HEALTHY ADULT (Age 25+)

	WOMEN	MEN
Calories 1	2,000	2,700
Protein <sup>2</sup>	50 g (200 cal)	63 g (252 cal)
Fat 3	66 g (594 cal)	90 g (810 cal)
Sodium 4	1,100-3,300 mg	1,100-3,300 mg
Cholesterol	5 300 mg	300 mg

Calories (cal) that do not come from protein or fat should be derived from complex carbohydrates found in whole grains, fresh fruits, vegetables, pasta, etc.

The Exchanges in our recipes are based on "Exchange Lists for Weight Management," published by the American Dietetic Assn. and American Diabetes Assn., Inc. (1989). People with diabetes should consult their physician before trying the recipes; not all are appropriate for diabetics. For more information, write to: FAMILY CIRCLE Food Dept., 110 Fifth Ave., New York, NY 10011.

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## fullcircle

# The Politics of Mercy

By Betty Rollin

I remember how I felt when I first read about Dr. Jack Kevorkian. I felt sorry he hadn't been around to help my mother die. I flashed back to October 1983. My mother was dying of ovarian cancer—but in her view, not fast enough. I'll never forget her words: "I've had a wonderful life," she said to me one late fall afternoon, a small net cap covering her bald head, "but now it's over, or it should be. I'm not afraid to die, but I am afraid of what this illness is doing to me. There's nothing but nausea and pain. There's no point in a slow, painful death. I've got to end this."

In my book *Last Wish* I wrote about my mother's wish to die and about how my husband and I helped her. We were careful: She ordered the lethal prescription herself; she swallowed the pills with no overt help from us. And she was victorious. She died peacefully, gratefully. But it was a difficult and terrifying victory.

It's not easy to die, even if you want to and even if you're terminally ill. A huge number of the right kind of pills will work, but not everyone that sick can swallow, or even move. Such people who want to die need help. (And, just as important, people who fear the torture disease can bring need just to know such help would be there.)

Dr. Kevorkian—first with his "suicide machine" and later, when the courts took that away from him, with a tankful of carbon monoxide—has rescued such people. I say "rescued" because I know from experience how someone feels who wants to die and can't—like an animal in a trap. My mother used that word—a horrible word, not only because of the pain it implies but because of the terror of being helpless in the face of torture.

One of the people Dr. Kevorkian helped out of his trap was Thomas Hyde, a young man suffering both paralysis and intractable pain from Lou Gehrig's disease. By admitting his culpability in the Hyde case, Dr. Kevorkian openly invited prosecution—which he got. But he got something else besides: an extraordinary admission from John D. O'Hair, the prosecutor. O'Hair said that although the law in Michigan forced him to go after Dr. Kevorkian, he favored a law that would *allow* physician-aid-in-dying!

Mr. O'Hair's wish is my wish—the wish of everyone in

the physician-assisted death movement—a law with safeguards. Such a law was (narrowly) voted down in Washington State in 1991 and California in 1992. New versions will appear on the ballot in Oregon this year and in California in '96. The fight for merciful death is very much alive. Where is Dr. Kevorkian in this battle?

On his own battlefield, that's where, listening to his own drum. It's a loud drum, one that has made him deaf to the entreaties of the Hemlock Society (the right-to-die organization started by Derek Humphry), Americans for Death With Dignity (a California-based group working on the proposed '96 legislation) and all those who want to change the law in a careful, orderly way.

Until recently, Dr. Kevorkian, who has been called the Ross Perot of euthanasia, has expressed little interest in these lawful efforts to change laws, and his in-your-face style has provoked a backlash. Some states with ambiguous laws are now strengthening them—or making efforts to do so. As a result, Derek Humphry believes, the courageous physicians in those states who discreetly help their suffering, terminally ill patients to die may stop doing so—or face greater penalties if found out.

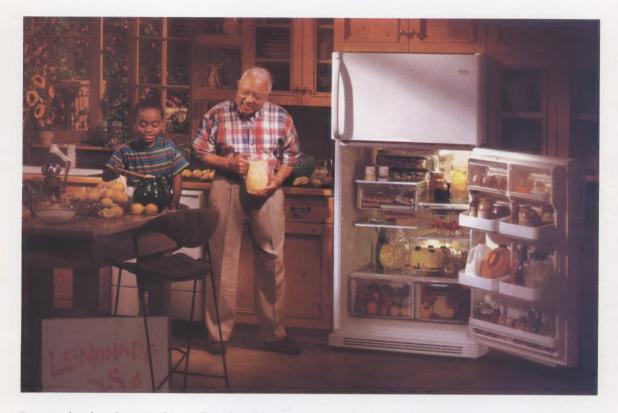
Has Dr. Kevorkian performed a service? Yes. Despite his tactics, Michigan's judges declared the assisted-suicide ban unconstitutional. In addition, he has surely drawn attention to this issue. He has forced us to notice people who have been invisible.

So to date, Dr. Kevorkian has both served and hurt the movement. The issue is not about style, but the style of the man who has put himself at the head of the parade affects all those marching behind him and what they are marching for. Though the style of Dr. Kevorkian is one part fearless reformer with a mind of his own, the other part—regrettably—is irritable loner with a screw loose.

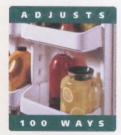
What do you think? Address your letters to "Full Circle," FAMILY CIRCLE, 110 Fifth Ave., New York, NY 10011.

Betty Rollin is the author of six books—including "First, You Cry" and "Last Wish"—and is a correspondent for NBC News.

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